



HEALTH & WELLNESS

EDITION

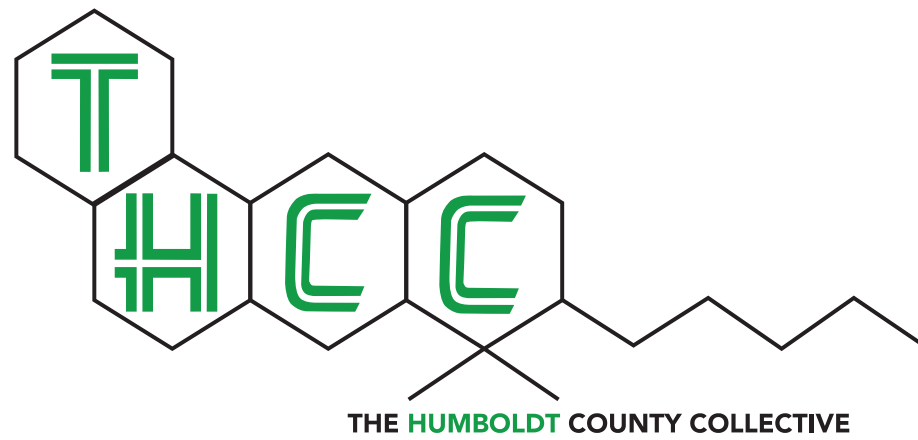
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The Trinidad Memorial Lighthouse being moved. Read more on page 14.
Photo by Mark McKenna



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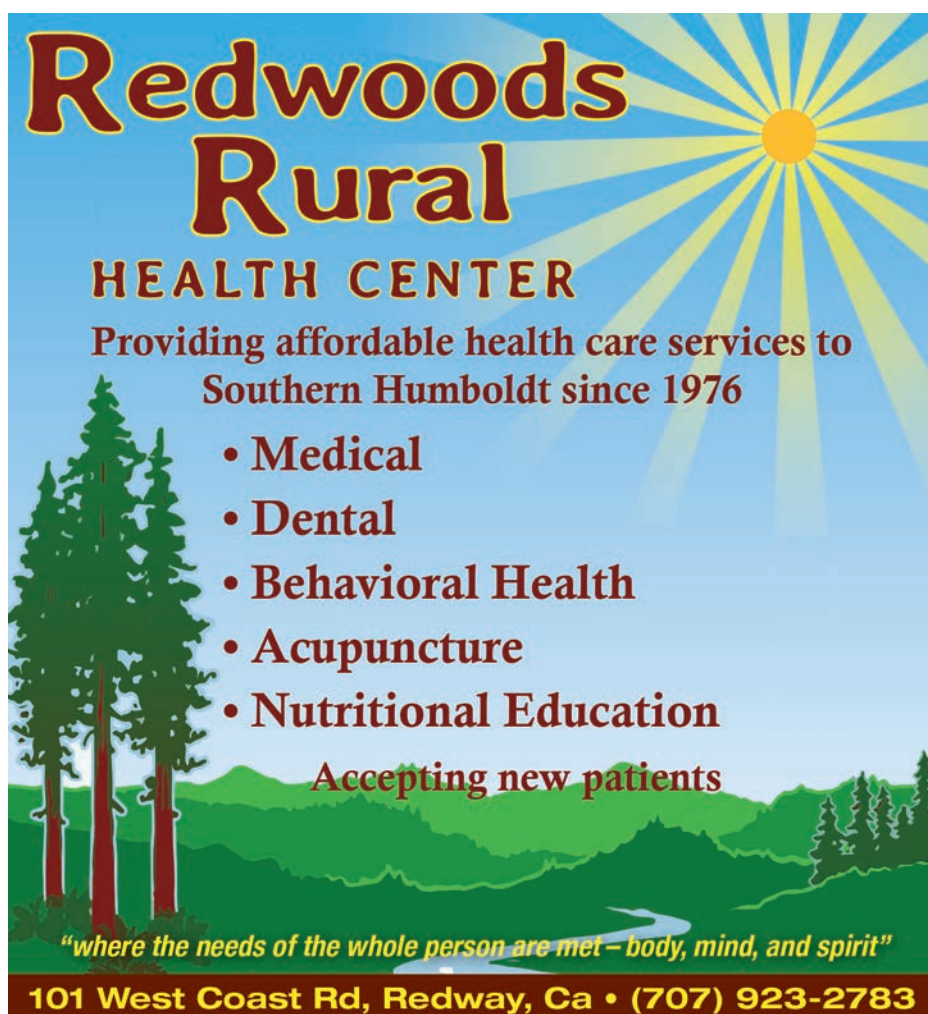
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Mailbox

Secret Box

My classmate Buddy brought a box to school — size of a shoebox, string-tied shut. He carried it everywhere, but would not open it, nor explain it. It might have been empty, might have contained leaves, or something sweet for his girlfriend. By day's end we were all crazy to know, but Buddy just smiled. Worse than the Mona Lisa, that box, that smile.

Old Chuang Tzu, forefather of Zen, would have been proud: Buddy harnessed the Nothing, that maybe empty box, to control us completely. At the last reunion, I learnt that he had died. No last-minute confessions or revelations — proving that you can, sometimes, indeed take it with you.

— Rick Park



Terry Torgerson

A Healthy Investment

Editor:

"Healthcare For All," the single-payer initiative whose costs were so expertly unpacked by Drs. Frugoni and Ring ("Physicians for Single Payer," Jan. 11), has at its economic heart the unquantifiable maxim that "Health makes Wealth."

We, especially politicians, are too often mired in the upfront dollar costs of programs (even when they actually "pencil out," as in this case), ignoring the value of wellness to the overall economic and social functioning of our society. Early, accessible and consistent healthcare is an unmatched investment in reducing or eliminating many ailments that result in a diminished workforce: obesity, diabetes, high blood pressure, cancer, visual and hearing troubles, dental disease, heart and lung maladies, addiction, pregnancy and birth disorders and psychological distress leading to familial dysfunction, domestic violence and a host of others. Medical bankruptcies, an all too common source of personal and general misery, would be a thing of the past, and no small thing at that.

Ultimately, single payer is funded by ensuring that enrollees (all of us) are as healthy as can be, so that those who need advanced medical care are supported by a healthy workforce. Making sure everyone has an accessible primary care provider is the affordable way to safeguard our general health. No member of the healthcare team is more critical to this mission as the primary, who can intervene before dysfunction results and care becomes expensive.

Because single payer depends on a healthy population, its policies are naturally geared toward prevention and early interventions. The associated inevitable increase in numbers of primary care providers will confer upon everyone the unique security and value that is currently enjoyed by only a few.

For California, there is no better return on investment than single payer universal health care, which is why nearly every country has it.

Ken Miller, McKinleyville

Trump Warning

Editor:

Why is President Trump so loved when his policies are so harmful to U.S. citizens, our environment, the international scene? I think it has nothing to do with his policies. Rather, it is a cult of personality, developed by those who want him to remain in power for their own purposes. Beware, Americans, or we'll have a Mao or Hitler leading us. Yikes!

Jeanne Mattole, Honeydew

Editor:

I was quite interested in the recent CNN broadcast that featured an exchange between Trump advisor Stephen Miller and political journalist Jake Tapper.

At one point, Miller states that Trump has "tapped into something magical that's happening in the heart of America."

He has tapped into something all right: fear, anger and ignorance. When these things are considered "magical," we're all in big trouble.

Two people who could stop this tragedy are Ryan and McConnell. Unfortunately they are spineless sycophants who have sold their souls for power.

How long can this fiasco last?

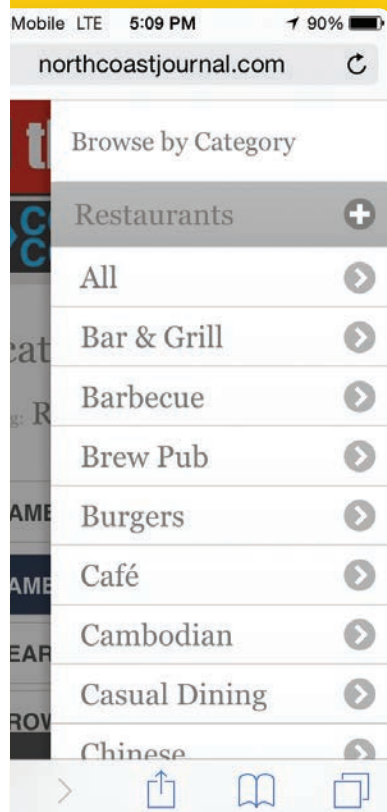
I'm afraid to ask.

Bill Morris, Eureka

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News



North Coast Congressman Jared Huffman in his Eureka office.

Photo by Jillian Butolph

Congressional Chat

Huffman talks civility in the Trump era

Compiled by Kimberly Wear

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Editor's Note: The following are excerpts from an interview with North Coast Congressman Jared Huffman, who sat down with the North Coast Journal in his Eureka field office on Jan. 15 for a brief discussion between meetings with constituents and his attendance at the Martin Luther King Jr. Day celebration.

NCJ: Overall decorum and civil debate are considered by many to be cornerstones of the legislative process, how do members of Congress uphold this principle, or can they and or should they, considering the current divisive political climate?

Huffman: We all should try to do our best to model civil discourse and when you are a member of Congress, the rules of decorum are important and it's something I try to think about. ... But it should never become a pretext for inaction or a pretext for being complicit in injustice. So I think there are lots of consider-

ations and I think there are times when the rules of decorum, even, have to give way to principled activism.

So I'm thinking of the time I joined (Georgia Congressman) John Lewis and many of my colleagues for a sit-in on the House floor and that was a breach of house rules, and that's not something that we took lightly and that's not something that you'd want to see happen every day. But when thousands of Americans are dying from gun violence and Congress refuses to take any action because it is compromised by the gun lobby, there does come a point where, as John Lewis would say, as probably MLK, his contemporary, would have said — and here we are on Martin Luther King Day

talking about it — “You need to get in good trouble.”

So how you do it and maintain your dignity and civility, even as you occasionally have to engage in civil disobedience, is the key. I don't think anyone would have ever said the march across the Edmond Pettus Bridge in Selma was undignified. It was the height of dignity. It was against the law because they were told not to do it, but they did the right thing.

NCJ: Affordable healthcare is obviously a major concern for most Americans and especially those who live in rural areas like Humboldt County. Where do you see the ACA (Affordable Care Act or Obamacare) going forward?

Huffman: I think there will be some

I think there are times
when the rules of decorum,
even, have to give way to
principled activism.

— Huffman

fallout from the loss of the individual mandate, even in California. ... The state, theoretically, could backfill with a state individual mandate but because that involves tax policy, it would require a two-thirds vote in Sacramento, so unlikely.

So probably you see some erosion in participation over the next couple of years in the individual markets and the insidious part of that is it will be the youngest and the healthiest people who decide not to get insured and that will put pressure on premiums. So even in California, where things are going relatively well, I just met with the head of Covered California last week on this and he is projecting some significant increases in the next year or two.

NCJ: The Klamath Dams. It looks like those are still coming down, that those are still on track to come down?

Huffman: We need to be. It's a huge priority. It's an incredible opportunity. It's ambitious and there are lots of ways in which it could fall off schedule or experience technical complications, but I'm committed to keeping it on track in whatever way I can.

NCJ: Speaking of big projects, Last Chance Grade. Just about anything that could be a problem for a project like this, is a problem.

Huffman: We're waiting right now for the federal technical studies to tell us the viability of these alternate routes. That's a really important juncture for this process. So some of these routes may fall out. We need to know, either way, the technical viability of these various alternatives and then we can get to work on the difficult job of finding consensus and funding, and trying to move ahead.

NCJ: Because the days of individual Congress members being able to author legislation that pay for particular project are over.

Huffman: Even in the heyday of earmarks, nobody was going to produce an \$800 million earmark. That would probably have raised eyebrows and we're a long way from the heyday of earmarks. I'm not saying there may not be a role for legislation as part of all of this going forward. We are looking creatively at some things we may be able to do but we want to be responsible in managing expectations, and it's really not possible for me to just produce a federal law that provides \$800 million to solve this problem.

NCJ: So we'll be looking at federal highway funds?

Huffman: We hope that will be a significant part of the solution, but this will take a real team effort involving state funding and state agencies. The whole

region is probably going to have to be part of the solution as well. Private interests. Others. I mean, that's why we have this great stakeholder process that involves everyone around the table.

NCJ: It seems like in the last year or so, maybe, you've become much more active on Twitter and social media.

Huffman: Yeah, I probably have been. Just sort of my own personal therapy. I get to vent on Facebook and Twitter from time to time. But no, there's also

a more serious piece to that and that is keeping my constituents informed of some consequential issues that are in play in Washington. ... We are living in a very, very significant moment and people are engaged, and people are hungry for information. They want to know what I'm doing. They want to know what I'm thinking. So my social media, you know, helps me do some of that. And, it has taken on a little bit of a sharper tone in the last year and I'm not thrilled about

that.

Believe it or not, by nature, I'm a fairly pragmatic problem solver in the work I do as a politician and as a lawmaker. The climate has fundamentally shifted under Donald Trump and under this Congress. So it's just a totally different game. It's a totally different context that we are operating in. And I can't really pretend otherwise.

Continued on next page »

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Huffman

Photo by Jillian Butolph

I can't just report back
to my constituents that
everything is fine, that I'm
making nice.

— Huffman

NCJ: Did Trump have some effect ... his ability to use social media successfully?

Huffman: I don't think it was just that. I think it's everything he's doing. All of the wedge politics, all of the culture wars, all of the kleptocracy, the handing over of the reins of government to special interests, the dangerous actions that he has taken on the world stage. All of it together have created this really alarming political climate and ... I can't just report back to my constituents that everything is fine, that I'm making nice back in Washington and we're going to somehow, miraculously, find a bipartisan path through all of this chaos. ... That option has almost been taken off the table by Donald Trump and this Congress, and the truth is we're just going to have to fight to take our country back. And when we do, we'll get back to good governing and much better civility and decorum and pragmatism and, I think, all of the things that all of us would like to see in our government.

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Guest Views



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Healthcare Access is a Human Right

By Kathryn Donahue

views@northcoastjournal.com

Jim Wood, our state assemblymember, in his Dec. 28 Views column, “Setting the Record Straight,” attempts to discredit California Senate Bill 562 and its supporters.

Wood cites many disingenuous facts.

S.B. 562 is the single payer, Medicare for all bill that has been shelved in our state Assembly by corporate Democrats without needed work or discussion. This is a bill that would provide healthcare access to every resident of California for every type of medical service.

The first blatant attack on S.B. 562 that corporate Democrats like to repeatedly state to the public is that there is no funding mechanism in this bill, therefore it is woefully incomplete and not worthy of support. Here is the back story on that disingenuous statement: After passing with a vote of support in the state Senate and going then to the Assembly, the man who immediately placed this bill on the Assembly shelf to die is Assembly Rules

Committee Chair Anthony Rendon. Before this shelving of the bill occurred, Mr. Rendon, via his staff, was in discussion with Healthy California, the campaign comprised of organizations representing more than 6 million Californians committed to guaranteeing healthcare access for the residents of our state. In this discussion, Mr. Rendon's staff relayed to the Healthy California organization that the funding mechanism for S.B. 562 was something to be left to the Assembly to work through, debate and then provide the needed amendments for a funding mechanism. Healthy California agreed to this plan. However, Mr. Rendon then chose to immediately shelve this bill before any work could be done by the Assembly to add the mechanism for funding. An economic analysis of S.B. 562 done by the University of Massachusetts Amherst Economic Department and authored by Robert Pollin provides a look at how this could be accomplished.

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The job of our state assemblymembers is to work this bill through their committees, including the Health Committee on which Mr. Wood serves as chair. Instead the corporate Democrats have devised a non-legislative sidetracking of S.B. 562 called "select committee hearings". Those who understand the mechanisms and value of a single payer system have been excluded from these hearings. The nonprofit California Healthcare Foundation cited by Mr. Wood as the go-to organization for facts relating to a single payer system is an amalgamation of corporate entities that includes health insurance corporations and executives and members of California's hospital, medical and dental associations, all of which decline to support a single payer system. As a registered nurse for 40 years, I believe the "no-added-value" health insurance industry has no right to be making its exorbitant profits, and exorbitant executive salaries, by denying healthcare access to those who are sick. I also believe healthcare is a human right and not a commodity to benefit corporations, their shareholders and executives.

Another disingenuous statement made concerns the federal joint funding aspect in a single payer state. The Patient Protection and Affordable Care Act law was challenged in the U.S. Supreme Court and the decision of the court was written in June of 2012 upholding it as law. The PPACA states that, beginning in 2017, any state is free to choose another way to provide healthcare access if it is found it to be equivalent or better than the PPACA. This includes a single payer system. The court majority also held that, while the federal government can expand Medicaid and can provide financial encouragement to states to implement the expansion, it cannot withhold pre-existing funds to coerce states into compliance. To write that it is "highly unlikely" that the Medicaid, Medicare and veterans' care funding would be forthcoming to a state implementing a single payer system is political speak to keep the masses fearful and quiet. President Trump has been unable to repeal the PPACA and it is doubtful that will happen anytime soon, if ever.

Mr. Wood touts his work on regulations for the pharmaceutical industry, making it difficult for it to randomly increase prices. While I would applaud his intentions and his work on such an issue, it does little to provide "access" to needed healthcare. It is but a band aid on the elephant in the room, which is that people cannot afford healthcare access. The unregulated costs of premiums, copays and deductibles are so egregious millions cannot access the care they desperately need. For Mr. Wood to state that those of us who support a

Medicare-for-all type system use scare tactics in our information is more than disingenuous. This is spoken by an individual whose platinum healthcare insurance is paid for by the taxes the rest of us pay.

Mr. Wood states he is not sure if a government administered system can be as cost effective as private insurance. Medicare administrative costs run at 3 percent and I know of no senior who would change their Medicare for a private insurance plan. S.B. 562 would effectively banish health insurance companies from operating in the state, ensuring this wealthy industry will do everything needed to kill this bill. It has succeeded twice before. Currently, even with the PPACA, there are 3.5 million Californians still uninsured. S.B. 562 also speaks to the retraining of employees in the insurance industry who would be displaced by this law.

Mr. Wood states he is not beholden to corporate interests. I would suggest his healthcare corporate donations refute this statement. Asked recently by a constituent if he would no longer accept these corporate donations, Mr. Wood declined.

The vocal group to which Mr. Wood refers is not small. More than 70 percent of his constituents want to see S.B. 562 passed. The complex facts and processes needed to make this happen are workable but our state Assembly chooses to use disingenuous excuses to shelve S.B. 562. Local elected officials on the city councils of Eureka, Arcata and Blue Lake, as well as the Manila Community Service District, have all passed resolutions in support of S.B. 562. Other city councils and community service districts have S.B. 562 on upcoming agendas for a vote in support. It is time to move S.B. 562 forward. Improve it, debate it, amend it. Mr. Wood needs to stop calling his constituents the uninformed minority who foist untruths on others. Mr. Wood needs to do the legislative work for which he was elected. Mr. Wood needs to work to move this bill through Assembly committees and facilitate a positive outcome for S.B. 562. Your constituents demand, need and deserve no less.



Kathryn Donahue is a longtime registered nurse and patient advocate. She has lived and worked in Humboldt County for 39 years.

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Surviving the Cold and the Flu, A Personal Experience

**By Nurse Laura Guerra F.N.P.,
Health Consultant at HPRC**

Many of us dread the cold, wet, dark winter season. Winter means we'll need to contend with viral colds and flu. Around the month of September, I start strengthening my immune system with herbal tinctures and teas that include astragalus, reishi mushrooms, elderberry, and ginger. I eat phyto-rich foods such as dark green, red, and yellow vegetables and fruits. I avoid eating processed foods that are high in sugar and avoid drinking excessive alcohol. Instead, I opt for green tea which is high in antioxidants to boost my immune system. I make sure to get 8 hours sleep, maintain regular physical exercise, and attempt to manage my stress with yoga or chi-gong. I wash my hands often and avoid touching the moist areas of my eyes, nose, mouth. I avoid sharing germs by not sharing other people's cups, glasses and utensils.

If you do develop a viral head cold, you may experience a gradual onset of fatigue, sore throat, sneezing, nasal congestion and/or a dry cough. Usually fever and body aches will be absent. Flu symptoms, in contrast, usually come on suddenly and include chills, headache, muscle aches, fever and sore throat. At the first onset of a head cold, I recommend you slow down and get plenty of rest, 8-10 hours sleep. Drink plenty fluids such as herbal tea, fresh ginger tea with honey and orange juice. You may add

about ¼ teaspoon powdered vitamin C into your liquids 3-4 times a day to reduce your symptoms and duration of illness. Be sure to decrease the frequency of vitamin C if you develop diarrhea. Eating homemade chicken soup with broccoli, carrots, onions, and garlic will help fight the virus. Again, avoid processed sugar which will feed the virus!

Here are more suggestions that have worked for me. Most of the items can be found at your local herbal stores where you may get assistance from certified herbalists.

- Gargle with warm salt water frequently for 2 minutes.
- Take Yin Chiao, a Chinese herbal supplement, at the first sign of a cold.
- Drink Fire Cider, a spicy cider vinegar to treat your cold.
- Take Coldcalm, a homeopathic remedy by Boiron for relief of cold symptoms
- Try drinking warm or hot water with 1 drop of lemon and peppermint, both have antiviral properties.
- Apply 1 drop of the powerful oregano essential oil which is an antiviral immune stimulant, and antiseptic to the respiratory system. Mix with almond or olive oil and apply to the bottom of your feet.
- Breath steaming water with 1 drop of eucalyptus oil (an antiviral, anti-inflammatory, expectorant) to ease nasal congestion.

Flu symptoms are more intense and have

a longer duration than do colds. I have found homeopathy to be very useful in treating flu symptoms. Homeopathy was successful in the prevention and treatment of the Spanish Flu in 1918. It may reduce the severity as well as prevent complications and speed up the recovery time. Homeopathy is a holistic medicine which uses highly diluted substances which trigger the body's own healing. It is safe for all ages, including small children. Influenzinum is a homeopathic remedy that is manufactured each year for the current strain of flu. It can be taken once a week during the flu season, usually until mid April or more often if exposed to an infected person to prevent catching it. At the first sign of symptoms, you can take it 2-3 times a day until symptom relief is obtained.

There are also several homeopathic remedies that can be taken after contracting the flu. These are gelsemium, eupatorium perfoliatum, arsenicum alba, byronia, mercurius solubilis, nux vomica, baptisia, rhus toxicodendrum. It is always best to contact a homeopath to help decide which of these remedies fits your unique flu symptoms. If you are unable to find a homeopath to assist you, I have also had great success having on hand the homeopathic remedy Oscillococcinum to take at the first onset of the flu symptoms, fever, chills, body aches. It has been known to stop the advancement of the flu or lessen the severity of the flu. PLEASE NOTE: If you develop a severe headache, rigid neck, a fever higher than 104, shortness of breath with a productive cough, you must seek medical attention to rule out meningitis or pneumonia which could in rare cases develop in acute respiratory failure. As always, include your primary caregiver when using herbal treatments.



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Puff Puff Bang Bang

Does getting legal mean giving up your guns?

By Linda Stansberry

linda@northcoastjournal.com


If you live in rural Humboldt, there's a good chance you own a gun. There are plenty of benign reasons to own a rifle or pistol, most of them having to do with the need to entertain yourself in the middle of the woods where there's no WiFi. When I was growing up, beer cans, road signs and squirrels took the brunt of that boredom. (Sorry, squirrels.) And plenty of my friends and neighbors who grow cannabis have guns for all the non-benign reasons you can imagine. Mostly because growing cannabis, legally or illegally, in the middle of the sticks, where law enforcement is hours away, where there are all sorts of wild critters, is a risky and fear-inspiring business. I'm sure most of our readers have strong opinions on who should and shouldn't have guns. So does the law. What that opinion is, however, can be murky territory.

Before you register to buy a firearm, you're required to fill out an extensive form that includes a section asking if you're an "unlawful user of, or addicted to" any controlled substance. In 2016, noting the increasing amount of states that were legalizing cannabis, the federal Bureau of Alcohol, Tobacco, Firearms and Explosives added language to that registration form reminding people that no matter what's happening in your particular state, the "use or possession of marijuana remains unlawful under Federal law." In many states that have legalized medical cannabis, creating a registry of patients, conflicts have arisen between the Second Amendment and states' rights. S. Rowan Wilson, a Nevada medical marijuana patient, took her case to court when her attempt to purchase a firearm was denied in 2011. The federal court of appeals ruled against Wilson in 2016. Recently, Pennsylvania patients began asking questions about whether they would have to surrender their current firearms or be unable to buy new ones as that state started its own medical registry. Pennsylvania regulators backpedaled a bit on the issue, deciding the registry of medical cannabis patients would not be available to law enforcement after all (per the *Cannabist*).

So what does all this mean for cannabis growers? To be honest, nobody seems to know. We spoke to several growers and industry professionals and they were as in the dark as we are, even after talking to their lawyers. The law, said one, is vague enough it could be argued effectively both ways. The California Department of Food and Agriculture's cannabis regulations do not address the issue, nor does Humboldt County's land use ordinance. Ostensibly, you can still register your firearms on the federal level and your cannabis at the state level and hope the two won't come into conflict. (Wilson's case, by the way, kicked off because she lived in a tiny town where her neighbor, the gun store salesman, knew through social channels that she was a marijuana patient.) But the recent rescinding of the Cole Memo by Attorney General Jeff Sessions, reversing the Obama-era "hands-off" policy toward states' cannabis policies, opens the door for cultivators to potentially be busted by federal authorities and having firearms onsite could lead to additional penalties.


Ironically, according to at least one longtime farmer we spoke to, the aura of fear for cultivators has only ramped up in the last five years. Legal farms have moved closer to the road, meaning easier access for thieves. Meth and heroin use has increased, while sentencing for those offenses has decreased. Home invasions are on the upswing, with the Humboldt County Sheriff's Office noting in a November press release regarding a theft in Mad River: "These type[s] of incidents are becoming more commonplace and are straining our limited resources." Self-defense was one of the chief reasons farmers we spoke to continue to keep guns onsite. Clarifying policy and making the industry safer were two of the touted goals of legalization; right now that feels like trying to hit a moving target. ●

Linda Stansberry is a staff writer at the Journal. Reach her at 442-1400, extension 317, or linda@northcoastjournal.com. Follow her on Twitter @LCStansberry.



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Trinidad Memorial Lighthouse Moved

After several hours of staging and prep — and thanks to several weeks of negotiations, protests and meetings that capped nearly a year of handwringing about moving the Trinidad Memorial Lighthouse before the crumbling cliff dumped it into the ocean — a giant crane delivered the monument safely to a truck-bed so it could go to its new, temporary home below Trinidad Head.

The Jan. 10 move came after the Trinidad Civic Club announced the Cherae Indian Community of the Trinidad Rancheria, the club and the Yurok Tribe had reached consensus on a location for the embattled mini-lighthouse.

Controversy about the relocation swirled for more than a month after, in early December, the club announced it was going to move the lighthouse about 20 feet to the east as a stop-gap measure. The memorial had sat at its location — at the end of Trinidad's main drag — since 1949 and contains the original lens from the Trinidad Head Lighthouse. But the location has an even weightier history, as a traditional Yurok village site and final resting place for Yurok funerary remains. The lighthouse's presence on the site, protesters insisted, was intolerable to begin with and the proposed shift to the east



The Trinidad Memorial Lighthouse being moved.

Photo by Mark McKenna

would be a further disruption. Protesters stayed onsite for 12 days holding signs and hoisting the Yurok flag.

Ultimately, the Trinidad Rancheria agreed to stage the lighthouse and accompanying bell at its harbor property, close to the Seascape Restaurant at the bottom of Trinidad Head, until a new, permanent location can be found. Scores of community members arrived at the foot of Trinity Street at around 8 a.m. as crews began preparing the lighthouse for transport. The Humboldt County Sheriff's Office sent a deputy to monitor the situation, but most

people heeded the caution tape strung around the site. The mood was largely positive.

"To me, it's common sense," said Dave Chism, a Westhaven resident who grew up in Trinidad. "If you have a chance to straighten it out, straighten it out."

Patti Fleschner, president of the Trinidad Library and chair of the Civic Club, went around gathering names for thank you letters while Thomas Joseph II, one of the original protesters at the site, delivered a live feed to his Facebook audience as the crane operator arrived.

It was after noon when the crane finally began to lift the structure from the site, prompting several whoops from the crowd. There didn't appear to be any structural damage to the lighthouse or the lens as some had feared. According to a Civic Club press release, "The Memorial Lighthouse, Bell, and the plaques commemorating those buried or lost at sea will be moved to a permanent location once the appropriate permitting process is completed and a final location identified."

— Linda Stansberry

POSTED 01.10.18

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Digitally Speaking

3 The number of planning commissioners who voted Jan. 11 to rezone a Mercer Fraser Co. gavel pit in Blue Lake to allow for cannabis production over the objections of Humboldt Bay Municipal Water District officials and community members who warned the project could threaten the Mad River water supply. *POSTED 01.12.18*

They Said It

"I'm hoping we have as much of a turnout as we did last year, which was really surprising."

— Rae Robinson, one of the organizers of Saturday's Women's March on Eureka 2018, referring to last year's event — held in conjunction with hundreds of others around the nation — that was the largest in the city's history. *POSTED 01.15.18*

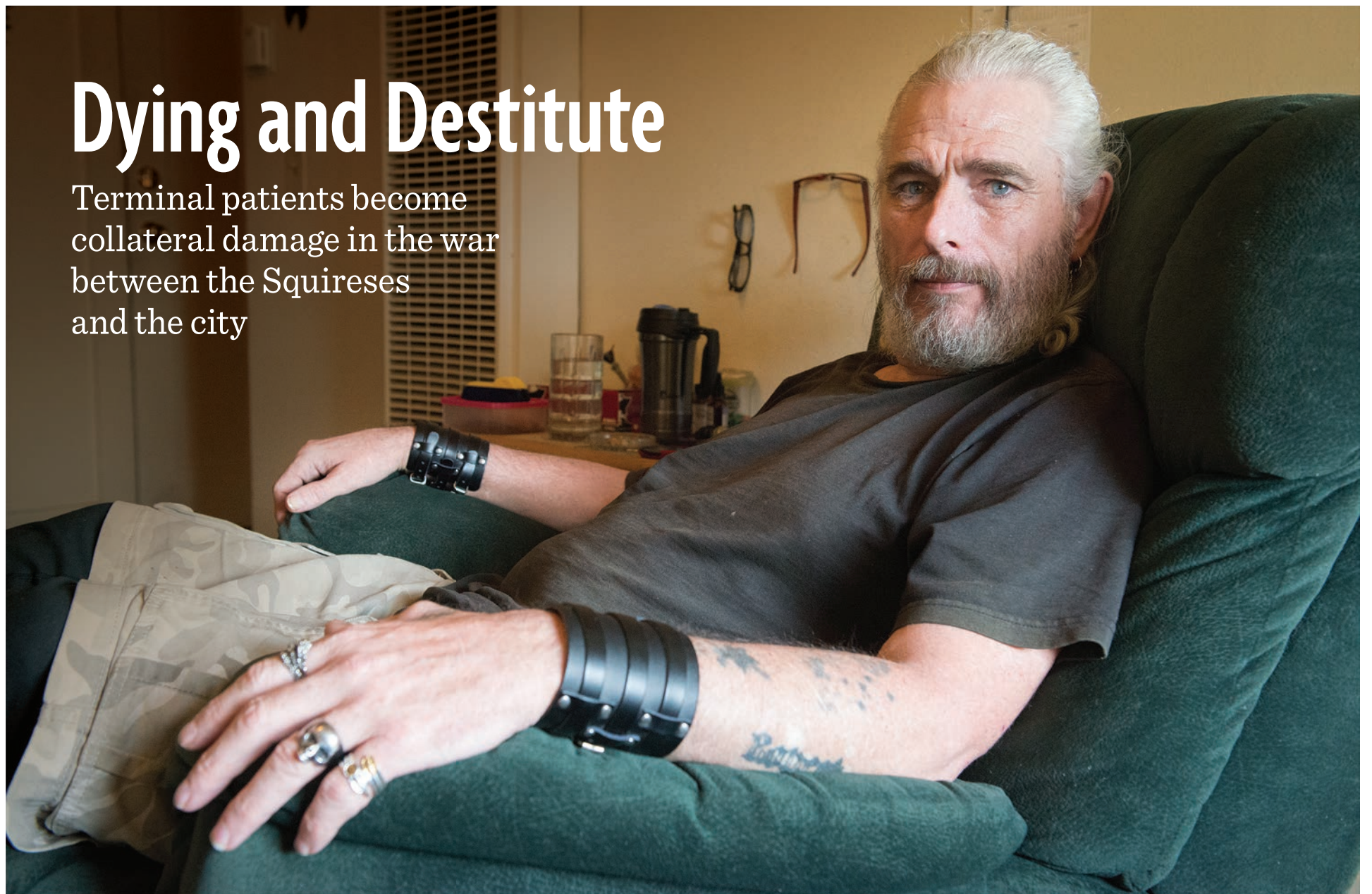
Comment of the Week

"I hope someone with some money comes in and is able to restore some of these to their former glory"

— Scott H Brown commenting on the Journal's Facebook page about a post on last week's cover story looking at Floyd and Betty Squires' bankruptcy, which includes pictures of the couple's more than 30 properties.

Dying and Destitute

Terminal patients become collateral damage in the war between the Squireses and the city



By Thadeus Greenson

thad@northcoastjournal.com

Don Brown in the apartment at 833 H St. that he's been ordered to vacate by 6 a.m. on Jan. 22.

Photo by Mark McKenna

Craig and Lisa Smith are running out of time. They're dying. He has congestive heart failure and a cancer eating at his kidney. She has a severe respiratory illness and spends her nights plugged into an oxygen concentrator. But that's not what they're talking about today, sitting in the bed where they spend most of their lives these days in a cramped but tidy apartment at 833 H St. in Eureka.

A few days before, the city of Eureka had served the couple — and all other tenants of the long deteriorated apartment building owned by Floyd and Betty Squires — with a notice to vacate, telling them the city was condemning the property due to hazardous electrical wiring. Everyone has to be out by 6 a.m. Jan. 22. Because of the Martin Luther King Jr. holiday, tenants were given four busi-

ness days to relocate their lives. For the Smiths, the eviction notice came three days after they'd paid the month's rent. The Squireses haven't returned subsequent phone calls, they say.

Nikki Lang sits on the corner of the bed. She's a social worker with Resolution Care, the palliative care team set up by Dr. Michael Fratkin a few years back aimed at helping people live out their lives comfortably and on their own terms in the face of serious — often terminal — illness.

Lang tells the couple that the city will be giving them \$1,600 in relocation assistance funds — money it will later look to recoup from the Squireses, adding yet another layer to the years-old legal battle between the notorious landlords and the city.

"How is that help?" Lisa Smith, 54, asks

to no one in particular, eyes fixed on the bed in front of her. "Who is going to physically carry this stuff out? Where is it all going to go? We're looking at the ends of our lives and it shouldn't be like this. We worked for a living, raised families. We're good people. We should just be left in peace."

The Smiths can be seen as a knot in the middle of the ongoing tug of war between the Squireses and the city, a battle that played out painstakingly slowly in the Humboldt County Courthouse over the course of about six years before accelerating rapidly in the last 12 months, during which the city has condemned numerous Squires properties, dubbing them threats to public health. The Squireses recently filed for Chapter 11 bankruptcy protection and it's clear the shuttered properties have played a role, with the

closures resulting in almost \$19,000 in lost monthly rent for the couple, a number that will spike to more than \$25,000 with the inclusion of the H Street property.

And in Humboldt County, where almost 30 percent of households make less than \$30,000 a year and homelessness rates dwarf the national average, the Smiths can also be seen as a symbol of how poverty and poor health feed off one another, creating a cascade of impacts both personal and communal.

Reached by phone, Fratkin says Resolution Care has somewhere between 20 and 30 patients for whom housing insecurity is a "dominant issue" in their health-care, the "red hot fire" that can devour their quality of life and make it nearly impossible to stabilize and even harder

Continued on page 17 »

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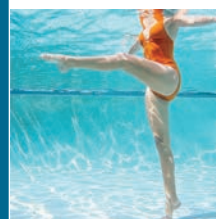
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Craig Smith relies on a host of medications to treat his congestive heart failure and kidney cancer.

Photo by Mark McKenna

to heal. Consequently, finding patients housing has become a big part of what Lang does.

She helped the Smiths move into the H Street apartment back in July and also helped their upstairs neighbors, Don Brown and Debora Bronson, find their apartment, going so far as to cover the security deposit.

Brown, a Missouri native who says he's been out on his own since he was 14 and homeless for much of the last 20 years, is also in critically failing health. He's suffered five pulmonary embolisms, two strokes and 18 deep vein thrombosis, in addition to having a fully clogged artery in his heart, he says, leaning back in the lounge chair where he spends most of his days in constant pain while keeping his legs elevated so his veins don't burst and create nasty sores.

A television screen across from him offers a slideshow of nature scenes — a redwood forest, the sun setting over the ocean, a waterfall. Brown surveys the small apartment he and Bronson pay \$625 a month for — it's immaculately clean, if sparsely decorated. A few hats hang from the wall and a couple of plastic decals — one of an owl perched on a tree branch in

the forest, the other of a tropical beach — add some color. An American flag and another yellow Don't Tread on Me one act as curtains. The place isn't much, he concedes. When the couple first moved in it was missing a window. It stayed that way, covered with a sheet of cardboard, for a few months. And the hallway was filled with drug users at all hours of the day and the night, he says. But now, a year and a half later, the window's been fixed and the addicts have been run off, he says, and the place is home.

Brown says the circulatory problems with his legs intensified after he and Bronson arrived in Eureka. They were staying at the Eureka Rescue Mission and had to vacate the place first thing every morning, meaning he was on his feet all day, his belongings in a pack on his back. He was in and out of the hospital a few times a month and almost lost a foot to infection. Then during one hospital stay, a doctor connected him with Fratkin and Resolution Care. He hasn't been admitted to the hospital since.

"Resolution Care helped us get in here, helped us find furniture," he says,

Continued on page 19 »

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On the Cover

Continued from page 17



Eureka native Craig Smith.

Photo by Mark McKenna

adding that Lang and others have gotten him a few reclining chairs over the last 18 months that help him rest comfortably with his legs elevated. "I know half the time they help me it comes out of their own pockets. I see one of their doctors every two weeks and they're always just a phone call away."

Fratkin says part of what Resolution Care is about is not looking at healthcare as simply a matrix of treatments and medications but of desired outcomes with the goal of giving people the highest quality of life possible.

"For Don, the value that we provided him — we gave him a lounge chair that elevated his legs," Fratkin says, adding that one of Resolution Care's social workers found the chair on Craigslist. "That's what kept him out of the hospital, so that's what we did. That's also what made him happy and that's what made him trust us, because we showed up when he told us what was important to him."

Brown doesn't know what's next. It's doubtful Resolution Care will be able to find him another place — most rental units in town are let out by property management companies and the Squires remain pretty much the only landlords who will rent to people with limited incomes, no references and no, or limited, deposits. He's talking to Bronson about buying some backpacks and preparing to hit the streets again, probably to catch a bus or a plane out of Humboldt County.

"I can't walk," he says, pulling a hand from under the comforter that's keeping

Continued on page 21 »

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On the Cover

Continued from page 19



The apartment building at 833 H St. owned by Floyd and Betty Squires, long a frustration for the city of Eureka, will be condemned Jan. 22 due to what officials say is hazardous electrical wiring.

Photo by Jillian Butolph

him warm and running it through his gray beard. “I’m in pain all the time. I don’t know what I’m going to do. To be honest, I’m scared and that’s not an easy thing for me to say.”

His voice trails off then he continues: “I don’t mind difficult things. Life’s been difficult from the get-go. I don’t complain. It’s supposed to be hard. But this thing is like they wait until you get on your feet then pull the rug right out.”

Downstairs, Lisa and Craig Smith feel the same. The couple met a few years back in the Devil’s Playground where both had ended up, Lisa after escaping an abusive relationship of 22 years and Craig after his childhood home burnt to the ground, killing a friend of his and destroying everything he owned. It was pouring rain and Lisa came to a friend’s tent in tears. The friend wasn’t there but Craig was.

“I said, ‘Sit your ass down and talk to me,’” he recalls with a chuckle.

“I did and we’ve been together since,” she says, adding that her tent in the Palco Marsh became known as Love Shack 1, his Love Shack 2.

They spent 18 months there together until Craig’s health started failing. Then they moved into the Budget Motel. His heart disease got worse and he was taken away in an ambulance. Three days later, Lisa Smith says the city came knocking with 72-hour notices to vacate the premises.

“That’s when Resolution Care stepped in,” she says, adding that it secured the couple a place in the Serenity Inn and then, in July, into the H Street apartment.

The couple has made the place their own, collecting pieces of furniture here and there where they — or Resolution Care — could find them. The wall is decorated with plastic flowers and carefully hung picture frames, some of which still have the factory’s placeholder photos in them. An old black and white movie

plays on a widescreen television perched on an entertainment center across from the bed. The television might not seem necessary, Craig Smith says, but “when you’re in this room all day, every day and everything is about (do not resuscitate) orders,” his voice trails off and he doesn’t finish the thought.

Lang rises to leave. She knows the couple well. In addition to helping them find housing, she checks in regularly to make sure they have what they need, whether it be a piece of furniture or a trip to the grocery store. She even helped Craig and Lisa hold a commitment ceremony last year. It was in Sequoia Park, where they stood in the gazebo, he in a spotless white shirt and a blue tie with a musical note on it and she in a dark dress, her hair pulled back and a rose bouquet in her arms. Lang tells the couple that she’s working to find them another apartment but — with the Squireses out of the equation — she’s having little luck. She

did find a two-bedroom, but it’s more than they can afford.

“Would you guys be open to house sharing?” she asks.

“We’re in the middle of dying, Nikki,” Lisa replies quietly, breaking Lang’s eye contact. “We need our own peace.”

Whether the Smiths, Brown and Bronson will find the peace they thought they’d caught hold of remains to be seen. Neither the city nor the Squireses were immediately available to comment for this story. Lang asks that anyone who wants to help them — whether it be with a room for rent, a storage unit, a moving truck or even a strong back — call Resolution Care at 442-5683. ●

Editor’s note: The woman referred to in this story as Lisa Smith has a different legal last name. She asked that we use Smith instead — and not run her photo — because she remains afraid of her abusive ex.

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It's Personal

#MeToo

By Bill Strider

views@northcoastjournal.com

I grew up in rural Maine in the 1960s. We lived a couple of miles outside of town. When I finished grammar school and prepared to enter the seventh grade at the age of 13, my parents gave me permission to ride my bicycle to school, at least until the first snowfall, at which time I rode the bus, an old milk truck resurrected to pool a handful of us back and forth.

My homeroom, math and science teacher was a man whom I saw a lot of each day. He was there first thing in the morning. He was there for math class and science class during the day and he was there at the end of the day when we were all tidying up. The bus arrived right after school to take us home. I missed it one day and he gave me a ride home. On that day he stopped being just a teacher and began being a mentor and friend. Missing the bus became almost commonplace. It turned out there were lots of interesting things to do after school, like playing ping pong in the basement. He was always there to give me a ride home. Our relationship was blossoming. I trusted him explicitly and implicitly.

My father, though physically present, was emotionally distant. I was starving emotionally for a father figure who might give me what I was missing at home. The teacher filled the bill. He was right on time. This might have become one of those feel-good stories: A boy, not finding emotional sustenance in the home environment, finds it through one of his teachers, a mentor and father figure. It did not turn out to be so healthy. He had serious boundary issues. Twice during the winter that year, he took me to the apartments of faculty members. I guess he didn't want me to be seen with him near his own apartment. On the first occasion, he took photographs of me in the

nude. It felt weird, but it never occurred to me that he was psychologically sick. I went along. I also went along the second time when he engaged in oral sex on my backside. He did not use force because force was not required. This kind of abuse is clearly on a different level than when external compliance is lacking. Those situations, in which physical force is required, belong in a different category. They may seem more traumatizing. It is difficult to be definitive, however, about which category is more damaging in a given case because so much depends on the way those of us across categories have been able to find healing, or not.

Though I was externally compliant during this sexual assault, inwardly I was uncomfortable, confused and unable to understand what was happening. He was applying a dark, insidious brand of power. It was especially insidious because external compliance on the part of the one who is exploited so often results in feelings of guilt. The person often blames himself or herself for allowing it to happen, when the blame should rightfully be attributed to the perpetrator, whose rampant desire for sexual gratification has run amok in a culture where the systemic misuse of power by males in positions of power has been so pervasive for so long.

The rest of the school year unfolded. The teacher and I grew closer. There were no more incidents of sexual misconduct. Summer arrived. School was out and I got my first job, caddying at the local golf course. When fall rolled around, I went back to school. He was no longer there, and I never saw him again. Years passed. Somewhere between adolescence and adulthood, the understanding gradually dawned on me that though I had been flattered by his attention at the time, feeling chosen and special, his actions had been pathological.

Taboo subjects like these are seldom discussed. They become dark secrets and the baseline of shame.

Today women are stepping forward in unprecedented numbers to reveal sexu-

al abuse by men. Blanket denials by the perpetrators are no longer blindly accepted, as the widespread nature of these behaviors is increasingly coming to light. Many, many millions of women and girls living today have been sexually exploited by men, far more than men and boys but we have by no means been exempt.

Patriarchy has granted men in powerful positions the distorted sanction, not legally but tacitly, to sexually abuse the vulnerable in our midst. Presently, the groundswell of voices speaking out against this corruption provides optimism that a sea change is taking place. The importance and urgency of this growing wave has provided the impetus and momentum for me and many others to come forward. The stakes couldn't be higher. To paraphrase psychotherapist Jim Finley: All human beings come into this life with inherent dignity, no matter the circumstances surrounding their births. This innate dignity must be respected and protected. Our sexuality must also be respected and protected, for our dignity and our sexuality are inseparably intertwined. None should be allowed to be sexual with us unless we want them to be. Because it's the most intimate and sacred domain of human relationships, there are few things more destructive than when it is violated.

The violators are being called to account. It is our responsibility, yours and mine, to make this happen by our testimony and/or by our compassion for the exploited and outrage toward the predators. In an exponential surge of speaking truth to power, #MeToo is exposing widespread sexual misconduct that is no longer being swept under the rug.

This movement that is so welcome to those of us who have been oppressed has empowered me to come forward in solidarity. As it has been for so many, the feeling of empowerment is freeing and tangible, like a deep breath of fresh air. Thanks for listening.

●
Bill Strider lives in Arcata.

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The Reluctant Skier

Helmets, hot toddies and the sport of staying upright

By Peri Escarda

getout@northcoastjournal.com



Stay humble. Everybody falls.

Shutterstock

I'm not much of a daredevil, although that hasn't always been the case. When I was growing up in Eureka, I rollerskated down Buhne Hill and rode motorcycles around Trinity County. But somehow that all changed once I had children of my own. It took just a few mishaps — like the time I fell while wakeboarding and spent the next few months changing diapers with a broken arm — to teach me that my kids required a fully functional, uninjured mother.

Still, when my family developed a fascination for snowboarding, I tried my best to learn the sport. My "best" included a lot of falling. I fell while getting off the lift, I fell on the easiest slopes. I even fell over while standing in line for the ski lift. After several years, my family had become adept at the sport but I was still falling. After one particularly battering series of falls, I dragged myself to the lodge and struggled to put away my board. A couple of middle-aged women watched as they placed their skis in the rack.

"See that?" I heard one say to the other. "She's about our age and she's on a snowboard!"

I was tempted to play the part of Warrior Princess, to lean on my board and boast about all my winter exploits. But frankly, I was in too much pain. Instead, I confessed that I hated snowboarding and I hated the sleeting snow. Most of all, I hated that I had paid good money to put myself through this misery. To their credit, they didn't back away from the bitter woman standing before them.

"Maybe you should try skiing," said one of the women.

"I tried that in the '80s and I was horrible at that, too," I answered.

"Skis have come a long way since the '80s," she informed me.

Then she proceeded to show me her skis — how much wider they were now, how much better engineered. Plus there was the obvious benefit of the poles. I liked the idea of having something to hang on to instead of flailing through space.

The next day, I traded my snowboard in for a pair of skis. Far be it from me to discourage anyone from snowboarding but let's not forget that skis have been around for a long time. And if a Eureka girl like myself, who grew up hardly ever experiencing snow, can take up the sport in her middle age, I'm sure just about anyone can. Here are some tips to get you started:

Take the beginner lessons. Do not let some well-meaning spouse attempt to teach you how to ski. Unless you have been looking for a good reason to terminate the marriage and you want to collect some irrefutable examples of why you should, I suggest you shell out the extra money for lessons. Just ask any ski lodge bartender how many couples have sat down and ordered stiff drinks, only to consume them in stony silence.

Foster a sense of independence. You may have arrived with a spouse or a buddy with whom I assume you have things in common. But the rate at which you learn how to ski may not be one of

those things. If one of your party wants to attempt something marked "Double Black Diamonds" and the other is more comfortable on the beginner slope, then you need to be able to go your separate ways.

Be realistic about your skill level. I was once standing off to the side of a ski run, minding my own business and listening to my ski instructor, when I was suddenly taken out by a rogue skier who was attempting speeds far above his level. We ended up 20 feet down the mountain, locked in an intimate tangle of limbs and skis. Don't be that guy.

Rent a helmet. After all, this is not the '70s, when we ran around willy-nilly, behaving like idiots. We put our children in car seats now, we apply sunscreen and we absolutely should wear helmets before hurtling ourselves off a mountainside.

Even though we don't experience a lot of snow down here at the coastal level, Humboldt has many ski resorts in drivable distance. Mount Bachelor and Ashland in Oregon and Mount Shasta are all beautiful. If you're lucky, you might even discover moments of pure pleasure: sailing over the snow-dusted tree tops in a ski lift, listening to the sluicing crunch of the snow under your skis and experiencing the blessed silence that steals over the mind when an activity requires all of the senses.

And if you manage to get through a day of skiing, you can treat yourself to my favorite part: putting the skis away. Then I retire to the lodge and search out a table on the snowy patio. Leaning back in my chair, I watch the more athletic types sweep their way down the mountainside, their colorful snowsuits cheerfully outlined against the brilliant white snow. I'm always on the lookout for the spectacular falls one sees at the base of a slope. Then I sip my hot toddy, wincing in sympathy for that brave soul stretched out flat on the snow — but also basking in the sweet knowledge that this time, it's not me. ●



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Table Talk

Cannabis Cocktails for Beginners

Humboldt leaf and lemon-aid

By Nora Mounce

tabletalk@northcoastjournal.com

Now that Prop. 64 has begotten a recreational marketplace for marijuana, many are rolling their eyes at advertisements for cannabis-infused tea, chocolate and barbecue sauce. To many, these products are shiny new packages wrapped around the same old ritual of getting high.

But while legalization opens the gate for long overdue research on the medical efficacy of cannabis for addiction, pain and a host of chronic conditions and life-threatening diseases, Prop. 64 also grants more Californians the opportunity to experiment for themselves with the potential benefits of cannabis.

Two local women, Gillian Levy and Susan Cleverdon, have built a business on the need for a safe way to explore using cannabis for health and wellness. The pair opened Humboldt Apothecary in 2015, operating under the state's medical marijuana guidelines. Today, any Californian over 21 can purchase the company's herbal tinctures, choosing from formulas designed to help with insomnia, respiratory congestion, brain function, menstrual cramps, anxiety, depression and inflammation.

"We see cannabis as a super food or nutritional support, rather than a drug," explains Levy, stressing that the tinctures are formulated to promote optimal wellness.

When first considering adding cannabis to your personal medicine cabinet, Levy stresses the importance of understanding our endocannabinoid system, which helps regulate intestinal function, glucose metabolism and stress response. Even if you're a newbie, you may have heard of cannabinoids, the naturally occurring compounds found in cannabis sativa, which bind to endocannabinoid receptors in the brain. With its strong psychoactive abilities, delta-9-tetrahydrocannabinol, or THC, is the best known cannabinoid. But it doesn't operate alone. In recent years,

a proliferation of research has focused on cannabidiol or CBD, a potent compound that acts on the body without altering your headspace. In other words, no high. In concert with other healing herbs, CBD is the therapeutic backbone of most Humboldt Apothecary's tinctures, including Calm, a high CBD tincture specially formulated for stress.

"Our Calm formula is a really wonderful antidote to general anxiety. You can micro-dose with 5 or 10 drops and really feel the benefits. You're taking this for radiant and vibrant health and we really aim to deliver that," explains Levy. Each dropper of Calm tincture contains 6.3 mg of CBD and 2.1 mg THC. For the seasoned consumer, this is a micro-dose, to the say the least. But if you're new to cannabis, start slowly. The effects of too much THC can be extremely unpleasant and negate the anti-anxiety relief intended.

While medical research on using CBD as a treatment for epilepsy, cancer and multiple sclerosis are well documented, Levy stresses that she's not a doctor nor is cannabis a magic bullet for everyone. Rather she believes that for many people, "using CBD consistently will really help with overall stress response."

Whether there are cannabis-infused mints on pillows at local hotels and bottles of CBD-water at business meetings anytime soon, you've got the opportunity to explore whether cannabis can help you relax, breathe, sleep and live better. Tinctures are an extremely user-friendly option to slip into a number of culinary dishes.

Try a micro-dose in this refreshing Humboldt-made cocktail. The half-dropper of 'Calm' tincture in each cocktail provides only slightly more than 1 mg of THC per drink. This is a safe dose for nearly all adults to enjoy the many health benefits of cannabinoids, while relaxing over a tried and true libation.



Calm down with roasted lemon and a microdose of CBD in a vodka cocktail.

Photo by Jillian Butolph

If fresh bay leaves are available, they'll fortify the green profile of this cocktail. California bay leaves impart a medicinal flavor that is the perfect backdrop for the notes of passionflower, lemon balm, skullcap and cannabis in the tincture. Locals report picking abundant fresh leaves from Blue Lake to Alderpoint. Due to their bitter taste, bay leaves cannot directly ingested but are known for their anti-bacterial and anti-inflammatory medicinal properties.

Humboldt Leaf + Lemon-Aid

Makes 4 cocktails

Ingredients:

1 ½ lemons
4 dried California bay leaves
6 tablespoons superfine sugar
1 ½ cups water
½ cup vodka, preferably Dutch & Dewey
Club soda
Ice

Humboldt Apothecary's Calm CBD tincture

Instructions:

Heat the oven to 400 F. Quarter the lemons and place them in a small pan with bay leaves. Roast for 20 minutes until the lemons are soft and slightly browned. In a large Mason jar with a lid, combine the roasted lemons, bay leaves, sugar, water and vodka. Close lid tightly and shake the entire concoction well, dissolving the sugar. Allow it to cool and refrigerate until chilled.

Prepare 4 tumblers with ice. Strain the lemon mixture through a fine sieve into a glass measuring cup, retaining the roasted lemons. Pour ½ cup of lemon mixture into each tumbler. Top off with club soda and ½ dropper of Calm CBD tincture. Stir. Garnish with roasted lemon or, if you're keen, a small cannabis leaf. (The green gilding serves a dual purpose by safely labeling the cocktail as containing cannabis.) Nearly all CBD tinctures on the market still contain varying levels of THC so be careful. If you think getting too high is unpleasant, imagine the guilt of overdosing your neighbor. ●

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Setlist



Outer Space in Arcata celebrates its first anniversary on Friday, Jan. 19 at 7 p.m. with La Mancha, Grocery Outlit, Trust Fall and Squill.

Photo by Zev Smith-Danford, courtesy of Outer Space

Wellville Blues

By Collin Yeo

thesetlist@northcoastjournal.com

When John Harvey Kellogg developed his now famous Corn Flakes in the end of the 19th century, the product was intended to promote better health through blandness, the idea being that an unexciting and flavorless beginning to the day would discourage the consumer from committing an act that the staunch Seventh-day Adventist considered to be extremely bad for the health: masturbation. There is an irony here, because the 1994 film *The Road To Wellville*, based on the T.C. Boyle book of the same name about the good doctor and his Battle Creek sanitarium, was only watched by teenage me because of the many scenes containing female nudity. Anyway, Dr. Kellogg was not without his good ideas, even if the mechanisms surrounding them were sometimes a bit off. For instance, he championed maintaining healthy gut flora — an idea that has a strong connection with good digestive health in contemporary society — by an unfortunate series of daily water and yogurt enemas. Was he correct in his thinking? Well, teenage me would tend to disagree with his thoughts on masturbation and I am not willing to entertain non-traditional consumption of yogurt anytime soon, but the man did live to be a respectable 91, so what do I know? Anyway, I am including by-gone and off-color ideas about health and well-being into this edition of the Setlist to follow the theme of the *Journal* this week and also for amusement's sake. Particularly my own amusement because that's really what this is all about, isn't it, dear readers? Amusing ourselves on this long slog home. Be well.

Thursday

Here's a health tip: Avoid corporate compost and favor the homegrown, backyard variety. It's easy to quality control the ingredients when they come out of your own kitchen and the process can even be fun. In fact, it might save your life. According to a 2015 study at the University of Strathclyde Glasgow, more than 50 percent of the 22 U.K. brands of commercial compost tested were found to contain the deadly legionella bacteria. So stay healthy and brew your own. Or just sidestep the matter entirely and grab a brew with **The Compost Mountain Boys** when they play a lively, free bluegrass set at the Mad River Brewery Tasting Room this evening at 6 p.m.

Also tonight at 9:30 p.m., it's a free show at The Jam with local bands **Dimboi**, **Ms. God** and **Frog** making their debuts, featuring the talented Kyra Teevan on drums. Pints are half off so get beery and make merry.

Friday

Your heart beats roughly 40,000,000 times in one year. More if you are stressed out, have emotional malfunctions or health issues, or drug problems. It beats fewer times if you exercise regularly and keep in peak athletic shape, and much less if you are dead. So every anniversary isn't just another year of time notched up, it is also a long-form seismic graph with millions of data points that ticked in harmony with your every emotional accord and discord. Maybe bear that in mind when you see your loved ones on

their birthdays and relationship milestones and reward or punish them according to what they did for your heart that year. And perhaps come out and celebrate the one year anniversary of the excellent safe and sober all ages venue The Outer Space at 7 p.m. tonight because its continued existence in our community is good for all of our hearts. **La Mancha** and **Grocery Outlit** provide local support for Olympia's indie bands **Trust Fall** and **Squill**. Come raise your heartrate in a healthy way, with friends old and new (\$6).

Saturday

Medieval European wellness habits were fairly terrible and might seem, to modern readers, antithetical to the promotion of actual health and well-being. From bloodletting and trepanning to medicines taken from the animal kingdom — dung compresses for festering wounds and boar bile enemas for general upkeep (shout out to Dr. Kellogg) — the ancient Greek-obsessed healers of yore had some fairly gross and horrible cures and treatments. Gross and horrible is also an excellent description for the band name of Seattle's excellent guitar and drum noise duo **Shake the Baby Til the Love Comes Out**, who play a free show at Blondies at 7:30 p.m. tonight. The awesome lineup for tonight's bloodletting, skull-popping health seminar includes Coos Bay's **while I see sound** with locals **Smooth Weirdos** and **Blackplate**. I'll probably be there, chock full of bile.

Sunday

Moving from Medieval European madness — Saint Vitus dance, anyone? — to a thread that stretches both backward and forward, dance has been an ecstatic ritual from pre-historical times to the post-truth period in which we unfortunately now live (you know what you've done, Right Wing Media). Uniting the sacred and the profane, the soul and the heart, and the mind and the ass — as the prophet George Clinton pointed out — dance is simply good for all of you. And the quasi-Dadaist midcentury Japanese dance movement called Butoh seems especially concerned with the health and harmony of the entire being. Synapsis hosts the last day of the Humboldt Butoh Festival (\$20, \$15 advance) today with a workshop at 1 p.m. and a performance at 7 p.m. Look up founder Tatsumi Hijikata on YouTube and tell me this isn't cool and worth your time.

Monday

Ataraxia, that tranquil state of lucid calm and health so highly valued by the Stoics and other ancient Greek thinkers, seems like one of those ideas that is diffi-

cult to articulate but universally obvious when in practice. The often misunderstood philosopher Epicurus seemed to believe that a very clear route to the nirvana-junior state of ataraxia is through a life lived with friends. To Epicurus, friendship is a stronger cornerstone to a healthy life than romantic love or wealth. Perhaps some of this noble feeling will be on display when the SB and Friends Tour visits The Outer Space tonight. Featuring hip hop artist **Signor Benedick the Moor**, Boston indie rapper **Pink Navel**, and L.A. indie rock and funk acts **Kim Tillman** and **Orlando Kennedy**, this 6:30 p.m. show should be a pretty bouncing good time (\$7).

Tuesday

The binge and purge method of partying and spiritual redemption was a favorite method of maintaining a healthy chi in my more elastic 20s. Blame it on living in New Orleans but I actually think indulgence followed by abstention can benefit the body electric. Phatsy Kline's Parlor Lounge has its own (albeit weekly and decidedly more low-key) version of Mardi Gras, too, starting at 6 p.m. with its Phat Tuesdays series of free shows during happy hour. This week's act is **That Buckin' String Band**, a quartet of pickers and singers who play a mix of originals and covers on the uke, the mandolin, the upright bass and all things in between.

Wednesday

Arthur Janov's primal therapy method of sounding out repressed trauma through raw emotional output is one of those ideas that gathered most of its steam through championing by famous musicians. And like a lot of those fads, it sounds like a bunch of hogwash to me with perhaps a pearl (amongst the swine) of wisdom. But music is undeniably heavy with raw emotion and its execution seems pretty beneficial to one's inner grace, so what do I know?

The Siren's Song hosts a pretty raw and heavy show tonight at 9 p.m. with local space-bong lords **Ultramafic**, **Stranger Than Fact** and **Muppet Hunters**, a band who I enjoy live somewhat but who I want to be weirder and do more to live up to its name than simply have Cookie Monster-esque death metal vocals (\$5). ●

Full show listings in the Journal's Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Calm blue ocean. Calm blue ocean. Collin Yeo is a calm blue ocean.



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ARCATA THEATRE LOUNGE 1036 G St. 822-1220		<i>Lara Croft's Tomb Raider</i> (2001) (film) 8pm \$5	NFL Playoffs: Divisional Round 1:20pm Free w/\$5 food/bev purchase	NFL Playoffs: Conference Round 1:35pm Free w/\$5 food/bev purchase	[M] <i>Tea & Sympathy</i> (1956) (film) 7:30pm\$5 [W] Sci-Fi Night: <i>Attack the Block</i> (2011) (film) 6pm \$5 Free w/\$5 food/bev purchase
BLONDIE'S FOOD AND DRINK 420 E. California Ave., Arcata 822-3453	Open Mic 7pm Free		Adult Spelling Bee 6:30pm \$7 BlackPlate, StBTtLCO, Smooth Weirdos, while i see sound 7:30pm Free	Jazz Jam 5:30pm Free	
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, 668-9770	Karaoke w/KJ Leonard 8pm Free	The Undercovers (covers) 9pm Free	Nighthawk (dance music) 9pm Free	Karaoke w/KJ Leonard 8pm Free	[W] Gabe Pressure (DJ music) 9pm Free
CAFE MOKKA 495 J St., Arcata 822-2228		The Ethniks (international) 8pm Free	Chubritza (Eastern Euro) 8pm Free		
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville, 839-2013		Karaoke w/Rock Star 9pm Free	ThunderCloud (live music) 9pm Free		[M] Monday Night 8-Ball Tournament 6:30pm \$5 buy-in
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CLAM BEACH TAVERN 839-0545 4611 Central Ave., McKinleyville	Legends of the Mind (blues, jazz) 6pm Free	Rosewater (Grateful Dead tunes) 10pm Free		Anna Hamilton (blues) 6pm Free	[W] Pool Tournament & Game Night 7pm Free
FLDDBROOK MARKET 4636 Fieldbrook Road 633-6097		The Movers and the Shakers 7:30pm Free			[T] Trivia 6pm
THE GRIFFIN 937 10th St., Arcata 825-1755	DJ L Boogie 9pm Free				[W] Salsa Dancing with DJ Pachanguero 8:30pm Free
HUMBOLDT BREWS 856 10th St., Arcata 826-2739		Rag Doll Revue: The Legends Show 9pm \$13, \$10 advance	Smooth Hound Smith (Americana) 9:30pm \$10		
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 616-9084		Van Duzer: Hot Rize featuring Red Knuckles and the Trail Blazers (bluegrass) 8pm			



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Arcata • Blue Lake • McKinleyville • Trinidad • Willow Creek *Eureka and South on next page*

VENUE	THUR 1/18	FRI 1/19	SAT 1/20	SUN 1/21	M-T-W 1/22-1/24
THE JAM 915 H St., Arcata 822-4766	The Getdown 9pm \$5		Irie Rockers w/One Dollar Check 10pm \$10	Deep Groove Society 10pm	[T] Open Mic 6pm Free, Savage Henry Comedy 9pm \$5 [W] Jazz at the Jam 6pm Free, The Whomp 10pm \$5
LARRUPIN 677-0230 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free			[W] Aber Miller (jazz) 6pm Free
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		Kindred Spirits (bluegrass) 9pm Free	Kingfoot (Americana) 9pm Free	Potluck (food) 6pm Free	
MAD RIVER BREWING CO. 668-4151 101 Taylor Way, Blue Lake	The Compost Mountain Boys (bluegrass) 6pm Free	Cadillac Ranch (country rock) 6pm Free	Rogues Gallery (Americana) 5-8pm Free		[T] Blue Lotus Jazz (jazz) 6pm Free [W] RLA w/Paula Jones & Don Baraka (jazz) 6pm Free
THE MINIPLEX 401 I St., Arcata 630-5000			Local Rock Showcase 8pm \$5	Karaoke 9pm	[T] Sonido Pachanguero (salsa/cumbia) 9pm
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic 7pm Free			[T] Spoken Word Open Mic 6pm Free
OCEAN GROVE COCKTAIL LOUNGE 677-35437 480 Patrick's Point Drive., Trinidad					[M] Rudelion DanceHall Mondayz 8pm \$5
REDWOOD CURTAIN BREWERY 550 S G St., #4., Arcata, 826-7222	Safari Boots (world beat) 8pm Free				[M] Shuffle Board Tournament 7pm
SIDELINES 732 Ninth St., Arcata 822-0919	DJ Music 10pm	DJ Music 10pm TBA	DJ Tim Stubbs 10pm TBA		
SIX RIVERS BREWERY 839-7580 1300 Central Ave., McKinleyville	Opera Alley Cats (jazz) 8:30pm Free			Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8:30pm
TOBY & JACKS 764 Ninth St., Arcata 822-4198			DJ Music 10pm Free		[T] Bomba Sonido w/DJ Pressure 10pm Free [W] Reggae w/ Iron Fyah 10pm Free
WESTHAVEN CENTER FOR THE ARTS 501 S. Westhaven Drive 677-9493		Third Friday Jazz w/RLA Trio & Nicholas Dominic Talvola 7pm \$5-\$20 sliding			

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Music & More

EUREKA & SOUTH

Arcata and North on previous page

Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 1/18	FRI 1/19	SAT 1/20	SUN 1/21	M-T-W 1/22-1/24
BEAR RIVER CASINO RESORT 11 Bear Paws Way, Loleta 733-9644	Karaoke 8pm Free	The Mojo Rockers (blues, classic rock, funk) 9pm Free	Chronic Vitality(classic rock) 9pm Free		
BRASS RAIL BAR & GRILL 3188 Redwood Drive, Redway 923-3188	Pool Tourney 8pm				[T] Karaoke 9pm
EUREKA INN PALM LOUNGE 612 F St., 497-6093		Savage Henry Comedy Showcase 9pm \$5			[T] Karaoke w/DJ Marv 7pm \$5 [W] Comedy Open Mikey 7pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish/Celtic) 6pm Free				
HISTORIC EAGLE HOUSE 139 Second St., Eureka 677-9493	Curtis Salgado & Alan Hager (blues) 7pm \$25	Meet the Maker (dinner, live music) 6-9pm \$79			
THE OLD STEEPLE 246 Berding St., Ferndale 786-7030			Will Durst - Durst Case Scenario (comedy) 7:30pm \$16		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic w/Mike Anderson 6:30pm Free				
PEARL LOUNGE 507 Second St., Eureka 444-2017	Gabe Pressure w/Reggaton, Afro Beat, Cumbia 10pm Free	DJ D'Vinity 10pm Free	DJ Pressure 10pm Free		
PHATSY KLINE'S PARLOR LOUNGE 139 Second St., Eureka	Laidback Lounge (DJ music) 6-11 Free				[T] Phat Tuesdays (live music) 7pm Free, [W] Comedy Open Mic and Board Game Night 8pm
PACIFIC BAR & GRILL, THE RED LION INN 1929 Fourth St., Eureka 445-0844					[W] Karaoke w/DJ Marv 6-9pm All ages

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Chubritza plays Cafe Mokka on Saturday, Jan. 20 at 8 p.m. (free).



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VENUE	THUR 1/18	FRI 1/19	SAT 1/20	SUN 1/21	M-T-W 1/22-1/24
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778			Healing Care for Puerto Rico (DJ music) 7pm donation		[W] Ultramafic, Stranger Than Fact, Muppet Hunters (metal) 9pm \$5
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244	The Jazz Hours 7:30pm Free		Buddy Reed & the Rip It Ups (blues) 9pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] LD51- Ultra Secret Wednesdays (alt. jazz) 8pm Free
STONE JUNCTION BAR 923-2562 744 Redway Dr., Garberville	Upstate Thursdays 9pm Free	Winter Electronic Night DJs JewLion and Copperton3 9pm TBA		One Dollar Check (reggae) 9pm TBA	[M] Pool Tournament 8:30pm \$10 buy-in
TIP TOP CLUB 443-5696 6269 Loma Ave., Eureka		Friday Night Function (DJ music) Free before 10pm	Sexy Saturdays w/Masta Shredda Free before 10pm		
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free		[M] Adamas 6pm Free	
VISTA DEL MAR 443-3770 91 Commercial St., Eureka					[T] Tuesday Blues w/Humboldt's veteran blues artists on rotation 7pm Free [W] Karaoke Nights 9pm Free



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Calendar Jan. 18 – 25, 2018



Submitted

Missing Merle? Wishing Amy was still buzzing around with her beehive? Legends who left us too soon come back for a night when **Rag Doll Revue** presents **The Legends Show** on Friday, Jan. 19 at 10 p.m. at **Humboldt Brews** (\$13, \$10 advance). The troupe pays tribute to Amy Winehouse, Robin Williams, Merle Haggard and others. You'll wanna go, go, go.



Courtesy of the artists

Ladysmith Black Mambazo, South Africa's Grammy Award-winning a cappella group that shot to worldwide fame and acclaim when it appeared on Paul Simon's *Graceland*, brings its soothing songs, dynamic traditional Zulu footwork and message of peace to the **Van Duzer Theatre** on **Thursday, Jan. 25 at 7 p.m.** (\$49).



File

Still takin' it to the streets. Get out your neon poster board and extra wide Sharpie and trek down to **Madaket Plaza** (the foot of C Street) for this year's **Eureka Women's March** on **Saturday, Jan. 20 from 1 to 4 p.m.** (free). The event takes place in solidarity with the Women's March on Washington, D.C., and other Women's Marches in communities around the country. #Persist.



Photo by Jorge Luna

Moving Movement

Captivating, engaging, transcendent. Butoh, the Japanese theater-dance form known for its striking visual imagery and slow, hyper-controlled movement, is disturbing and beautiful in the way that art should be. And Humboldt is fortunate to get a taste of it when the inaugural **Humboldt Butoh Festival** takes place **Jan. 19-21** at **Synopsis Nova** in Old Town. Three days of **workshops, performances** and a free **film screening** and **panel discussion** dedicated to the art of Butoh offers a solid intro to the art form and a chance to try it out for yourself. The performances and workshops are led by local artists **Leslie Castellano** and **Jordan Rosin** with visiting guest artist **Anastazia Louise** of **Bad Unkl Sista**.

To learn more about the dance genre and participate yourself, there are two workshops available: The workshop with **Anastazia Louise** of **Bad Unkl Sista** on **Saturday, Jan. 20** from 1 to 4 p.m. at Synopsis Nova (\$30) and the workshop with **Leslie Castellano** and **Jordan Rosin** on **Sunday, Jan. 21** from 1 to 4 p.m. at Synopsis Nova (\$30).

If you can't make it to the workshops, take advantage of the free showing and panel discussion of Butoh co-founder Tatsumi Hijikata's film **Summer Storm** on **Friday, Jan. 19** at 8 p.m. at **Synopsis Nova**, then come back for **An Evening of Performances** by **Leslie Castellano, Jordan Rosin** and **Anastazia Louise** on **Sunday, Jan. 21** from 7 to 9:30 p.m. (\$20, no one turned away for lack of funds). Seating is limited.

For more on the festival, visit www.jordanrosin.wordpress.com.

—Kali Cozyris



Submitted

A Tale of Two Tragedies

Two plays hit North Coast stages this week reminding us that when our morals are called into play we must answer accordingly, and if we are not careful, we learn our lessons too late. A modernized version of **King Lear** is up next at **North Coast Repertory Theatre** bringing Shakespeare's epic tale of unchecked ambition, deceit, war and madness to audiences **Thursday, Jan. 18** at 8 p.m. and continuing **Fridays** and **Saturdays** at 8 p.m. through **Feb. 10**. (\$16, \$14 seniors/students). Director Tyler Egerer says, "This is a play about the figurative and literal blindness to the corrupting influence of power. Shakespeare, for me, is about experimenting and telling the same story with different results. We've changed the setting, mixed up the talent and modernized characters without abandoning the original feel and themes of the work."

Meanwhile, the **Arcata Arts Institute**, in collaboration with **Dell'Arte International**, presents a student-written play about one survivor's story of the Holocaust with the backdrop of current events in **Run, Hide, Repeat; A Game of Cat and Mouse**, playing **Thursday** and **Friday, Jan. 18-19** at 7 p.m. and **Saturday, Jan. 20** at 2 p.m. (with talk back) at the **AHS Fine Arts Center** (\$10, \$8 senior, \$5 child). Combining live theater, animation, shadow puppets, masks and original music, the performance draws parallels to recent events and asks us all to consider: "Where do we go from here?"

—Kali Cozyris

18 Thursday

ART

DIY Planner Workshop. 5:30-7:30 p.m. **SCRAP Humboldt**, 101 H St. Suite D, Arcata. Learn how to create a customizable design including a durable cover, elastic binding that can accommodate endless additions and individualized pages, folders and envelopes. \$12. education@scraphumboldt.org. www.scraphumboldt.org. 822-2452.

Figure Drawing Group. 7-9 p.m. **Cheri Blackerby Gallery**, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

LECTURE

Forest Ecology Lecture Series. 6 p.m. **Arcata Marsh and Wildlife Sanctuary Interpretive Center**, 569 S. G St. John Nickerson of the **Forestry Climate Action Reserve** presents *Forest Carbon Markets and Achieving Social, Environmental, and Economical Benefits in Mexico*, discussing work in Mexico to develop a forest carbon protocol and how it stimulated economic activity.

MUSIC

Curtis Salgado & Alan Hager. 7-10 p.m. **The Historic Eagle House**, 139 Second St., Eureka. Blues legend **Curtis Salgado** and guitarist extraordinaire **Alan Hager** bring their new roots blues "rough cut" CD tour for one special night. An intimate performance. Seating is limited. \$25. admin@redwoodjazz.org. 445-3378.

HSU Wind Ensemble Open Auditions. 3-5 p.m. **Fulkerson Recital Hall**, Humboldt State University, Arcata. Community musicians are invited to attend open rehearsal auditions Tuesdays and Thursdays from Jan. 16 through Feb. 8. For more information, contact Paul Cummings. Free. paul.cummings@humboldt.edu. 826-5435.

Humboldt Ukulele Group. Third Thursday of every month, 5:30 p.m. **Arcata Community Center**, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

THEATER

King Lear. 8 p.m. **North Coast Repertory Theatre**, 300 Fifth St., Eureka. Tired of ruling, **King Lear** divides his empire among his daughters, setting the stage for an epic tale of unchecked ambition, deceit, war and madness. Through Feb. 10. \$16, \$14 seniors/students.

Run, Hide, Repeat; A Game of Cat and Mouse. 7 p.m. **AHS Fine Arts Center**, 1720 M St., Arcata. The **Arcata Arts Institute**, in collaboration with **Dell'Arte International**, present this student-written play about one survivor's story of the Holocaust with the backdrop of current events. \$10, \$8 senior, \$5 child.

EVENTS

Humboldt Steelhead Days. Countywide. A hatchery steelhead fishing contest from Jan. 13 to Feb. 17 on the Mad and Trinity rivers. Go online to sign up for the contest and for a list of events. www.humboldtsteelheaddays.com.

STEAM Maker's Fair at Pine Hill. 5:30 p.m. **Pine Hill Elementary School**, 5230 Vance Ave, Eureka. Explore the world of Science, Technology, Engineering, Arts and Math. Creative activities for all ages. Bring the family. A snack bar will be available.

FOR KIDS

Trinidad Library Toddler Storytime. 10-11 a.m. **Trinidad Library**, 380 Janis Court. Toddler storytime at the Trinidad Library. Free. trihum@co.humboldt.ca.us. 677-0227.

Young Discoverers. 10:30 a.m.-noon. **Discovery Museum**, 612 G St., Eureka. A unique drop-off program for children

ages 3-5. Stories, music, crafts, yoga and snacks. \$8, \$6 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

MEETINGS

Humboldt Republican Women Luncheon. 11:30 a.m.-1 p.m. Red Lion Hotel, 1929 Fourth St., Eureka. Enjoy a hearty lunch, opportunity drawing and guest speaker Phil Nyberg. RSVP appreciated, walk-ins welcome. \$16. canscam@mail.com. www.redlion.com/our-hotels/california/eureka. 273-2886.

ETC

Game Night at The Board Room. 5-10:30 p.m. The Boardroom, 3750 Harris St., Redwood Acres, Eureka. www.boardroomeureka.com.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

Sip & Knit. 6-8:30 p.m. NorthCoast Knittery, 320 Second St., Eureka. Come create with your community. Enjoy an evening of knitting, crocheting or whatever fiber craft you love. Food and drink available and bring something to share. Free. info@northcoastknittery.com. www.northcoastknittery.com. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

19 Friday

ART

Community Art Night. Third Friday of every month. The MGC, 2280 Newburg Road, Fortuna. Family friendly, all ages welcome. All supplies are provided. Free. www.ervmgc.com.

DANCE

Baile Terapia. 7-8 p.m. The MGC, 2280 Newburg Road, Fortuna. Paso a Paso hosts dance therapy. Free. www.ervmgc.com. 725-3300.

Rag Doll Revue: The Legends Show. 9 p.m. Humboldt Brews, 856 10th St., Arcata. Paying tribute to legendary performers lost over the years: Amy Winehouse, Robin Williams, Merle Haggard and more. Show at 10 p.m. \$13, \$10 advance. www.humboldtbrews.com.

World Dance. 7:30 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Humboldt Folk Dancers sponsor teaching and easy dances, 7:30-8:30 p.m.; request dancing, 8:30-9:30 p.m. For more information, call 839-3665 or email g-b-deja@sbcglobal.net. \$3. www.stalbansarcata.org.

LECTURE

Tradition and Technology at Blue Lake Rancheria. 7:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. David Narum, project manager in the department of energy and technologies at Blue Lake Rancheria, presents. Free.

MOVIES

Humboldt Butoh Festival: Film Screening and Panel Discussion. 8-10 p.m. Synopsis Nova, 212 G St., Suite 102, Eureka. Presenting Tatsumi Hijikata's *Summer Storm* (1973) and discussion with Anastazia Louise, Leslie Castellano and Jordan Rosin. Moderated by Laura Muñoz. Part of the Humboldt Butoh Festival. Free (donations gladly accepted to support Synopsis). jordan@jordanrosin.com. www.synopsisperformance.com.

Lara Croft's Tomb Raider (2001). 8 p.m. Arcata Theatre Lounge, 1036 G St. Angelina Jolie globe trotting and planet saving in the action movie based on the video game. Doors at 7:30 p.m. \$5. www.arcatatheatre.com.

A River's Last Chance North Coast Premiere. 7-9 p.m.

Eureka Theater, 612 F St. *A River's Last Chance* premiered to a sold out crowd at the Portland Eco Film Fest, has won "Best Environmental Film" at the Yosemite Film Festival and will debut at the 2018 Wild and Scenic Film festival. Directed by Humboldt State University alumnus Shane Anderson. Panel discussion with cast and crew follows screening. \$15. www.theeurekatheater.org.

MUSIC

Hot Rize featuring Red Knuckles and the Trail Blazers. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. All-star bluegrass ensemble consisting of Tim O'Brien on mandolin and fiddle, Pete Wernick on banjo, Nick Forster on bass and Bryan Sutton on guitar.

One Year Anniversary Party. 7 p.m. Outer Space, 1100 M St, Arcata. Breakfast All Day Collective celebrates one year at the Outer Space. Featuring performances by Trust Fall, Squill, La Mancha and Grocery Outlit. All ages. \$6.

Third Friday Jazz. 7 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Hosted by the RLA Trio with trumpeter Nicholas Dominic Talvola, who tours Europe with The Johnny Freelance Experience and has shared stages and opened for Erika Badu, Earth Wind and Fire, Richard Bona and Billy Cobham. \$5-\$20 sliding.

THEATER

King Lear. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 18 listing.

Run, Hide, Repeat; A Game of Cat and Mouse. 7 p.m. AHS Fine Arts Center, 1720 M St., Arcata. See Jan. 18 listing.

EVENTS

Eureka MOPs Quarter Craze. 6 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. A chance to win prizes from places like Jitter Bean Coffee, Sequioa Park Zoo, Bounce-a-palooza and more. Fundraiser for mothers of preschoolers. \$5. eurekamops@gmail.com. www.facebook.com/humboldt.grange. 616-5488.

Humboldt Steelhead Days. Countywide. See Jan. 18 listing.

FOR KIDS

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

FOOD

Meet the Maker. 6-9 p.m. The Historic Eagle House, 139 Second St., Eureka. Burningleaf Productions presents a winter wine pairing dinner with Chef Brett Shuler and winemaker John Cabot of Cabot Vineyards in the private upstairs dining room. Five course wine and food pairing. Only 40 seats available. \$79. jmetzt@historiceaglehouse.com. 223-3849.

MEETINGS

A Call to Yarns. 12-1 p.m. Arcata Library, 500 Seventh St. Knit, chat and relax at the library every week. Free. archuml@co.humboldt.ca.us. 822-5954.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

Roller Skating. 6-8:30 p.m. Eureka Municipal Auditorium, 1120 F St. Old-fashioned roller skates and roller blades. Skate rental is included in the admission price and is on a first-come, first-served basis. \$5.25, \$4.50 for ages 17 and under.

COMEDY

Redwood Comedy Festival. 8:15 p.m. \$20, \$150 VIP table

of 4. Fortuna Riverlodge 725-7572, 1800 Riverwalk Drive. This year's festival features a handful of comedians to entertain you throughout the night along with a full bar to keep the night going. Doors and bar open at 7:30 p.m. 18+.

ETC

Solidarity Fridays. 5-6 p.m. County Courthouse, 825 Fifth St., Eureka. Join Veterans for Peace and the North Coast People's Alliance for a peaceful protest on the courthouse lawn. www.northcoastpeoplesalliance.org.

20 Saturday

ART

Open House. 12-6 p.m. SCRAP Humboldt, 101 H St. Suite D, Arcata. Stop by for behind the scenes tours, make and take crafts, raffles, store-wide sales and drinks and refreshments. Free. education@scraphumboldt.org. 822-2452.

DANCE

Humboldt Butoh Festival: Workshop with Anastazia Louise of Bad Unkle Sista. 1-4 p.m. Synopsis Nova, 212 G St., Suite 102, Eureka. Workshop led by Anastazia Louise of Bad Unkle Sista. Part of the inaugural Humboldt Butoh Festival. \$30. jordan@jordanrosin.com. www.synopsisperformance.com.

Roadhouse Swing Dance. 6 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. \$8, \$5. www.bayside-grange.org.

THEATER

King Lear. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Jan. 18 listing.

Run, Hide, Repeat; A Game of Cat and Mouse. 2 p.m. AHS Fine Arts Center, 1720 M St., Arcata. See Jan. 18 listing.

EVENTS

Fortuna Sunrise Rotary Seafood Boil. 5:30-9:30 p.m. Fortuna Riverlodge, 1800 Riverwalk Drive. Clams, oysters, crab, crawfish, sausage, corn and more brought directly to your table. Proceeds support Eel River Valley youth education programs. \$75.

HSD Steelhead Expo. 10 a.m.-4 p.m. Prasch Hall, 312 Railroad Ave., Blue Lake. Join fellow anglers for a day focused on this incredible sport fish at the annual Humboldt Steelhead Expo. Learn to read the river and new fly casting techniques, check out the latest gear and pick up tips on secrets of the sport. Visit exhibitors, vendors, fly-tiers and enjoy demonstrations and presentations.

Humboldt Steelhead Days. Countywide. See Jan. 18 listing.

LCKC Winter Obedience/Rally Trials. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Lost Coast Kennel Club's third annual Canine Obedience and Rally Trials. Judges for 2018 are Alvin Eng and Chris Cornell. Public is welcome to attend, please leave unentered dogs at home. www.redwoodacres.com.

Eureka Women's March. 1-4 p.m. Madaket Plaza, Foot of C Street, Eureka. Join the national movement in Eureka on Jan. 20 for the Women's March. Rally at 1 p.m. with speakers, march at 2 p.m. Free.

FOR KIDS

Nature Story Time. 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Friends of the Dunes naturalist Ashley Hansen for stories, crafts and movement activities geared for ages 3-6. This month kids learn about pollinators. Call or email to reserve a space. info@friendsofthedunes.org. 444-1397.

Winter Storytime. 1 p.m. Northtown Books, 957 H St., Arcata. Stories, treats and lots of coloring.

Young Inventors' Club. Third Saturday of every month, 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka.

Hands-on science program with one or more activities planned each month. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

FOOD

Arcata Plaza Farmers Market - Winter Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Local winter produce, humanely raised meats, pastured eggs, local honey, olive oil, baked goods, hot prepared foods, locally-handcrafted artisanal products and more. Rain or shine. Free. laura@humfarm.org. www.humfarm.org. 441-9999.

Breakfast and Flea Market. Third Saturday of every month, 8:30 a.m. Dow's Prairie Grange Hall, 3995 Dow's Prairie Road, McKinleyville. Enjoy pancakes, eggs and browsing knick knacks. Flea market ends at 3 p.m. \$5, \$3 for kids. dowsgrange@gmail.com. www.dowsprairiegrange.org. 840-0100.

GARDEN

Rose Pruning Demonstration. 10 a.m. Shafer's Ace Hardware and Garden Center, 2760 E St., Eureka. Presented by the Humboldt Rose Society. Please call the nursery to RSVP. 443-1291.

MEETINGS

Photoshop User Group. Third Saturday of every month, 10 a.m.-noon. Prosperity Center, 520 E St., Eureka. Adobe Photoshop or LightRoom beginners and power users gather to swap ideas and techniques. Informal lunch usually follows. Free. wrishel@gmail.com. www.eurekaphotoshop.com. 510-410-3310.

OUTDOORS

Arcata Marsh Cleanup. 9:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Enjoy coffee, donuts and other morning snacks before a fun day of combing the marsh trails for dog waste left behind. All materials provided. Meet at the South G St parking lot near the Interpretive Center at 9:30 for donuts and coffee before the 10 a.m. cleaning adventure. Free.

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. With leader Bob Rasmussen. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Walk leader is Gary Friedrichsen. Free. www.rras.org/calendar.

Southern Humboldt Bird Walk. 9 a.m.-noon. Southern Humboldt Community Park, 934 Sprowl Creek Road, Garberville. Join Redwood Region Audubon Society for this monthly bird walk. All ages and experience levels are encouraged to participate in this easy two-to three-hour walk led by Jay Sooter and Ann Constantino. Bring water, a hat with a brim and a snack if you like. No dogs, please. There are two "porta potties" on the trail. For information call Ann. Heavy rain cancels. Free. rras.org/calendar.aspx. 923-7227.

SPORTS

New Year's Barrel Bash. 9 a.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Barrels by the Bay presents racing. Sanctioned by Run to Win and co-sanctioned by North State Barrel Racing Association. Sign up at 9 a.m., run at noon. 502-5749.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Jan. 19 listing.

COMEDY

Will Durst - Durst Case Scenario. 7:30 p.m. The Old

Continued on next page »

Calendar

Continued from previous page

Steeple, 246 Berding St., Ferndale. Political comedy at its best. \$16. 786-7030.

ETC

Media Center Orientation. Third Saturday of every month, 10 a.m. Access Humboldt Community Media Center, 1915 J St, Eureka. Learn about the recording studio, field equipment, editing stations and cable TV channels available at Access Humboldt. Free. 476-1798.

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

21 Sunday

DANCE

Humboldt Butoh Festival: An Evening of Performances by Leslie Castellano, Jordan Rosin, Anastazia Louise. 7-9:30 p.m. Synopsis Nova, 212 G St., Suite 102, Eureka. Featuring: "Yippee Ki Yay/All We Ever Wanted" by Leslie Castellano and works by Jordan Rosin and Anastazia Louise. \$20, \$15 advance (no one turned away for lack of funds). jordan@jordanrosin.com. www.synapsisperformance.com.

Humboldt Butoh Festival: Workshop with Leslie Castellano and Jordan Rosin. 1-4 p.m. Synopsis Nova, 212 G St., Suite 102, Eureka. Part of the inaugural Humboldt Butoh Festival. \$30. jordan@jordanrosin.com. www.synapsisperformance.com.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

Wine and Jazz at the Morris Graves. Third Sunday of every month, 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Sit back, sip and enjoy a different group each month. After every performance, audience members are invited to bring their instrument and take part in a jam session with the band. Enjoy a glass of wine and an afternoon of jazz with Aber Miller and Friends. \$5 adults, \$2 students and seniors, free to HAC members and children 17 and under. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 18 listing.
LCKC Winter Obedience/Rally Trials. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. See Jan. 20 listing.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokémon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

Pancake Breakfast. Third Sunday of every month, 8-11 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. All the pancakes you can eat made from scratch using local organic Hindley wheat, slow-cooked organic oatmeal, local fresh eggs cooked anyway you like them, local sausage, coffee or milk, orange juice. \$8, \$3. evenson@igc.org. 629-3421.

Waffle Breakfast Fundraiser. 8 a.m.-noon. Eureka Woman's Club, 1531 J St. The 18th annual fundraiser for the Eureka Woman's Club benefiting local charities, including Humboldt Domestic Violence Services, the Eureka Rescue Mission, Food For People's Backpack Lunches for Kids, the EWC Milk Fund for Children at St Vincent's dining center and the Eureka Rescue Mission. Silent auction and raffle. Mimosa bar. \$10, \$5 kids 6-12, free for 5 and under. www.eurekawomansclub.org.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

NFL Playoffs: Conference Round. 1:35 p.m. Arcata Theatre Lounge, 1036 G St. Doors 1:20 p.m. Free w/ \$5 food/beverage purchase. www.arcatatheatre.com.

22 Monday

DANCE

Let's Dance. 7-9:30 p.m. Humboldt Grange Hall, 5845

Humboldt Hill Road, Eureka. Let's dance to live music. Tonight dance to The Jim Lahman Band- blues rock. \$5. www.facebook.com/humboldt.grange. 725-5323.

MOVIES

Monday Night Movies: Tea & Sympathy (1956). 7:30 p.m. Arcata Theatre Lounge, 1036 G St. Hollywood Clapback presents Monday Night Movies. Vincente Minnelli's 1956 drama about toxic masculinity at a boy's prep school. Doors at 7 p.m. \$5. www.arcatatheatre.com.

MUSIC

Humboldt Harmonaires Weekly Gathering. 7-9:30 p.m. First Congregational United Church of Christ, 900 Hodgson St., Eureka. Sing four-part men's a cappella barbershop harmony, no experience needed. All voice levels and ages welcome. Singing at 7 to 9:30 p.m., with snacks and coffee break at 8:20 p.m. Free. Singfourpart@gmail.com. 445-3939.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 18 listing.

FOOD

One-Log Farmers Market. 1-5:30 p.m. One-Log House, 705 U.S. Highway 101, Garberville. On the lawn. 672-5224.

MEETINGS

Humboldt Bay Bicycle Commuters Association. 6 p.m. Chapala Café, 201 2nd St., Eureka. The meeting starts with dinner (optional). The agenda will be set by those attending. Add items to the agenda via email or by calling Rick Knapp. info@humbike.org. www.chapalacafe.com/. 445-1097.

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Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

23 Tuesday

MOVIES

Gotta Dance: Library Film Series - *The Red Shoes*. 6:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Hosted by Jennifer Fumiko Cahill. Free. www.humlib.org.

MUSIC

HSU Wind Ensemble Open Auditions. 3-5 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. See Jan. 18 listing.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 18 listing.

FOR KIDS

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Come to the museum for stories, crafts and snacks. Free for children age 0-5 and their caregivers. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokémon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 21 listing.

COMEDY

Savage Henry Comedy Night. 9 p.m. The Jam 822-4766, 915 H St., Arcata. Local and out of town comedians bring

the ha-has. \$5.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw St., Ferndale. Cards and pegs.

Lunch with Laura. 12-2 p.m. NorthCoast Knittery, 320 Second St., Eureka. Bring your favorite fiber craft project (or come find a new one) and a snack or sack lunch. Free. info@northcoastknittery.com. www.northcoastknittery.com. 442-9276.

24 Wednesday

LECTURE

Winter Lecture Series: Small Mammal Response to Restoration in the Dunes. 6 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Friends of the Dunes and guest speaker Dan Barton of Humboldt State University for an evening lecture. Doors open at 5:30 p.m. \$5-\$10 suggested donation. info@friendsofthedunes.org. 444-1397.

MOVIES

Sci-Fi Night: *Attack the Block* (2011). 6 p.m. Arcata Theatre Lounge, 1036 G St. John Boyega and Jodie Whittaker in a comedy action movie about South London gangs

vs. alien invaders. All Ages. Free w/\$5 food/beverage purchase. www.arcatatheatre.com.

MUSIC

Humboldt Symphony Open Auditions. 7-10 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. Humboldt Symphony invites community musicians to attend open rehearsal auditions from Jan. 17 through Feb. 7, Wednesdays from 7 to 9:50 p.m. For more information, contact Garrick Woods at Garrick.Woods@humboldt.edu or 826-5448. Free. Garrick.Woods@humboldt.edu. 826-5448.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 18 listing.

ACLU Annual Meeting. 6-8 p.m. D Street Neighborhood Center, 1301 D St., Arcata. The local ACLU presents the Humboldt County Public Defender's Office with its annual award. The evening also features guest speakers Denise Bareilles, discussing the Wiyot Tribe's successful litigation against the Eureka and Loleta school districts, and a presentation from the San Francisco ACLU. The event is a potluck dinner, so attendees are asked to bring a dish to share. Free.

FOR KIDS

Academy of the Redwoods Information Night. 6 p.m. College of the Redwoods Theatre, 7351 Tompkins Hill Road, Eureka. Prospective students and their parents/guardians are invited to learn more about the North Coast's only early college high school. Initial priority application deadline is Jan. 31. For further information please call, visit the website or Facebook page (@Acad-

emyoftheRedwoods). www.ar.fuhhsdistrict.org. 476-4203.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. osslncrp@northcoast.com. www.baysidegrange.org. 444-2288.

25 Thursday

ART


Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 18 listing.

MUSIC

HSU Wind Ensemble Open Auditions. 3-5 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. See Jan. 18 listing.

Ladysmith Black Mambazo. 7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Paul Simon's *Graceland* introduced the world to the group's a cappella harmonies of this bestselling band from South

Continued on next page »



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A message to families about

INTERDISTRICT ATTENDANCE

Enrollment for the 2018-19 school year has begun.

For those interested in obtaining an interdistrict transfer, please contact your district of residence to begin the process.

The priority application deadline for the 2018-19 school year is
February 1, 2018.*

For more information, please contact your school district of residence.

*Contact your school should you miss the priority deadline.



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Calendar

Continued from previous page

Africa, with its high-stepping, traditional Zulu footwork and message of universal peace.

EVENTS

Humboldt Steelhead Days. Countywide. See Jan. 18 listing.

NEC Open House. 5-7 p.m. Northcoast Environmental Center, 415 I Street, Arcata. Enjoy drinks, food and good company with volunteers, staff, board members and fellow supporters dedicated to protecting the North Coast. Free. www.yournec.org.

FOR KIDS

Trinidad Library Toddler Storytime. 10-11 a.m. Trinidad Library, 380 Janis Court. See Jan. 18 listing.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Jan. 18 listing.

MEETINGS

Open Enrollment Meetings. 6 p.m. Redwood Prep Charter School, 1480 Ross Hill Road, Fortuna. Redwood Preparatory Charter School hosts enrollment meetings for the upcoming 2018-2019 school year. Interested families must submit an "Intent to Enroll" form and attend one of the meetings. All new students selected by lottery on Wednesday, March 7 at 4:30 p.m. www.redwoodprep.org. 682-6149.

Union Street Charter School Intake. 5:30 p.m. Union Street Charter School, 470 Union St., Arcata. Union Street Charter invites parents with students entering kindergarten through fifth grade to an information and intake meeting. Attending a meeting is a prerequisite for entering the lottery for fall 2018 admissions. www.unionstreetcharter.org. 822-4845.

ETC

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. See Jan. 24 listing.

Game Night at The Board Room. 5-10:30 p.m. The Boardroom, 3750 Harris St., Redwood Acres, Eureka. See Jan. 18 listing.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. See Jan. 18 listing.

Sip & Knit. 6-8:30 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Jan. 18 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 18 listing.

Heads Up ...

Online registration is now open at www.godwitdays.org for the 23rd annual Godwit Days Spring Migration Bird Festival, to be held April 20-22 at the Arcata Community Center. Pre- and post-festival events extend the core dates from April 18 to 24.

Redwood Region Audubon Society is sponsoring its 13th annual children's nature writing contest on "What Nature Means to Me" by Humboldt or Del Norte County students in grades four through 12. Send submissions to tomleskiw@gmail.com with "Nature Writing Contest" in the subject line by March 23. Submissions can be attached Word documents or text within the body of the email (no Google docs). Or mail a printout to Tom Leskiw, 155 Kara Lane, McKinleyville, CA 95519.

The Student Bird Art Contest in conjunction with Godwit Days is accepting submission. Deadline is March 23. A flier with complete rules and a list of suggested

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birds to draw is posted at www.rras.org and www.arcatamarshfriends.org or can be picked up at the Arcata Marsh Interpretive Center, 569 South G St., Arcata.

Grant applications through Humboldt Sponsors are now available for the year 2018 to local nonprofit organizations serving Humboldt County youth. Completed application packets must be returned to Humboldt Sponsors by the postmark deadline of Feb. 9. Please mail completed application packets to: Nancy C. Mathews, Funding Chair, Humboldt Sponsors, 1171 Marsh Road, Eureka, CA 95501.

The city of Eureka is accepting applications for appointments to following boards and commissions: Art and Culture Committee, Eureka Energy Committee, Finance Advisory Committee, Historic Preservation Commission and Transportation Safety Commission. Applications may be obtained by phone at 441-4144, in person from the Mayor's Office, City of Eureka, 531 K St., Eureka, CA 95501, or on the city clerk's website. For more information, call the city clerk at 441-4175, or go to www.ci.eureka.ca.gov. Applications will be accepted until posts are filled.

The Sanctuary announces the 2018 open call for internship and artist residency programs. Interested applicants should email info@sanctuaryarcata.org, mail to 1301 J St., Arcata, or call 822-0898.

Call for Entries: The Humboldt Arts Council invites community members to share the wonderful, weird or wacky treasures that define them as collectors in the show Humboldt Collects! Send a completed Humboldt Collects submission form, downloadable at www.humboldtarts.org, and up to three digital images (high resolution JPEG: minimum 300 dpi, 1 MB) to jemima@humboldtarts.org by Jan. 20.

Humboldt State University's Humboldt International Film Fest announces the call to entry for local short narrative, documentary, animation and experimental films (1-30 minutes long) made within the past five years. Deadline is midnight Feb. 28. Entry fee is \$10 for Humboldt County residents and free for HSU students and alumni. Visit www.hsufilmfestival.com, call 826-4113 or email filmfest@humboldt.edu.

The McKinleyville Community Services District announces two alternate member vacancies on the Recreation Advisory Committee. Letters of application may be mailed to the MCSD, Attn: Lesley Frisbee, P.O. Box 2037, McKinleyville, CA 95519. Contact the Parks and Recreation Office at 839-9003.

Interested in volunteering for EPIC? Contact Briana Villalobos, briana@wildcalifornia.org or call 822-7711 to be added to the volunteer list.

Headwaters Fund mini-grants available for projects to promote local economic development. For more information call 476-4809 or visit www.humboldt.gov.org/2193/Mini-Grants.

The Morris Graves Museum of Art seeks volunteer greeters for Friday and Saturday afternoons, noon to 2:30 p.m. and 2:30 to 5 p.m. Contact Janine Murphy, museum programs manager at janine@humboldtarts.org or 442-0278, extension 202.

North Coast Community Garden Collaborative seeks donated garden supplies, monetary donations and/or volunteers. Contact 269-2071 or debbiep@nrsrca.org.

Volunteers needed for the Arcata Marsh Interpretive Center. Call 826-2359 or email amic@cityofarcata.org.

Volunteers wanted for Eureka VA clinic. Call 269-7502.



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Post Up

A win for Streep
and a free press

By John J. Bennett

filmland@northcoastjournal.com

Reviews

THE POST. My brother, an attorney quicker both in wit and temper than I, said to me some months ago, “When they go after the free press, we must take up arms.” Based on that, you might call him something of a firebrand, a reactionary. You wouldn’t be wrong. But he is also a student of history and a staunch believer in due process, intolerant of tyranny. So I wasn’t surprised by the fatalism of his pronouncement so much as the certainty of it: not “if” but “when.” It gave me pause when he said it and I’ve since reflected upon it. Often.

An unfettered press, such as the one ostensibly afforded us by the First Amendment of the Constitution of the United States, is one of the most vital bulwarks of a true and functional democracy and, as such, is usually one of the first targets of despots and dictators. Because the press should be the voice of and for the people, an agent of transparency, an adversary of influence and obfuscation, it is, of course, both the enemy and most coveted potential ally of those who would seek to poison and destroy democracy (to paraphrase Quentin Tarantino paraphrasing the Bible, we will eventually get around to movies, after all).

Subversion of news media need not be so ham-fisted as in days past, when papers simply became organs of the state, converted almost overnight into factories churning out florid propaganda. Monied interests have gradually purchased influence, both in the form of newsrooms and voting blocs, so successfully that they were able to install a morbid wraith from reality television into the most powerful office in the world.

Which is the bad news, of course. The good news: The true American press is still alive and maybe scrappier and more indomitable than ever. It continues to punch up at the corruptors of influence,

to dig deeper and expose more of them to the light. There is hope in that, and also in pointed reminders that They, the corruptors, have tried before and failed. *The Post* serves as a reminder of this, and an impeccably timed, perfectly crafted one at that.

To get bogged down in a point-by-point reconstruction of the movie’s plot would do a disservice to the deceptively effortless energy and bounce with which it plays out on screen. But in brief: Daniel Ellsberg (Matthew Rhys), a journalist working under Secretary of Defense Robert McNamara (Bruce Greenwood), becomes disillusioned with the hypocrisy and prevarication with which the war in Vietnam is being waged and the American public misinformed. So at some point in 1971, he leaves the offices of the Rand Corporation with thousands of pages of a classified study — commissioned by McNamara and reaching back decades — that describes the fact that the war has been known, to five successive administrations, to be at best unwinnable and, in reality, completely untenable. Ellsberg leaks the documents to the *New York Times*, where the story breaks and draws the ire of the debilitatingly paranoid Nixon White House. The already-embattled *Washington Post*, where publisher Katharine Graham (Meryl Streep), all too recently thrust into power by the suicide of her husband, must now decide whether to publish its own story on the eve of the paper’s public stock offering and against the advice of a gaggle of inappropriately self-assured men.

Graham is the undeniable hero of this story and Streep plays her with a combination of self-doubt and inner-strength that few (if any) other actors of any gender or generation could summon. Next to her,

Tom Hanks’ prickly, full-blooded portrayal of *Post* editor Ben Bradlee seems a little pale and, I hesitate to say it, almost shallow. It isn’t, of course, but the light thrown by Streep’s performance is so bright that it can’t help but cast some shade. The supporting cast, including Bob Odenkirk and David Cross, finally side by side once more, bristles with talent and capability, but also with an innate, shared knowledge that less is more, that the strength of their collective performance is in their cooperation and shared contribution. This, of course, is down to director Steven Spielberg (working from a screenplay by Liz Hannah and Josh Singer) as much as anyone: *The Post* bears the tool marks of an old master working with the vigor and zeal of a gifted novice. The production design is exquisite, from the vast sets to the costumes, as one might expect, but Spielberg doesn’t get precious about the details. His task is to tell the story taking place within that impeccably crafted world, and he does so with an urgency and skill that, like Streep’s performance, few could rival. As a result, *The Post* pulls off the rare feat of feeling timely and timeless, important without being overbearing, artful, entertaining and edifying all at once. It is a reminder of hope in a time that can so often feel hopeless, and a symbolic taking up of arms. *PG13. 115M. BROADWAY, FORTUNA, MILL CREEK, MINOR.*

MOLLY’S GAME isn’t bad. Jessica Chastain plays Molly Bloom, a former Olympic skiing hopeful who surprises herself with a talent for running high stakes poker games and is then surprised by the FBI, which noticed that talent. Idris Elba co-stars as her reluctantly won-over lawyer. *Molly’s Game* is the directorial debut of dialogue monster Aaron Sorkin, and it lacks much of the electricity that

has heretofore characterized his work. Were his name not attached, it might be a more noteworthy effort, as it certainly plays as sure-footed and competent, but I (perhaps unfairly) expected more than I got. *R. 140M. BROADWAY, MILL CREEK.*

—John J. Bennett

Due to the holiday, updated listings for Broadway, Mill Creek and Fortuna were not available at press time. For showtimes, see the Journal’s listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456; Richards-Goat Miniplex 630-5000.

Previews

THE PHANTOM THREAD. A celebrated London dressmaker (Daniel Day Lewis) falls in love with a young woman (Vicky Krieps) who becomes his muse. *R. 130M. MINOR.*

THE SHAPE OF WATER. Guillermo del Toro’s old-fashioned sci-fi romance starring Sally Hawkins, Doug Jones and Michael Shannon. Girl meets amphibian creature at top-secret lab, girl and creature fall in love, evil scientist torments and hunts creature. *R. 123M. MINOR.*

Continuing

COCO. Young musician Miguel (Anthony Gonzalez) goes on a quest to the Land of the Dead to circumvent his family’s generations-old ban on music in this Pixar animated feature. With Gael García Bernal. *PG. 109M. BROADWAY.*

THE COMMUTER. Maybe Liam Neeson should avoid all transportation. This time he plays a suit drawn into intrigue (secret



Or we could just print “shi*thole.”
The Post



Lord, grant me the strength of a woman maintaining a poker face next to Idris Elba.
Molly's Game

missions, his family held hostage) by the mysterious Vera Farmiga while riding the train to work. *PG13. 104M. BROADWAY, FORTUNA, MILL CREEK.*

FERDINAND. A domestic bull sent to a farm tries to get home to his family in this animated adventure. Voiced by John Cena, Kate McKinnon and Bobby Cannavale. *PG. 106M. BROADWAY.*

DARKEST HOUR. Gary Oldman finally gets the role designed for his acting chops (and literal chops), portraying jowly British Prime Minister Winston Churchill as he urges his country to keep a stiff upper lip even as German planes strafe London. *PG13. 125M. BROADWAY, MILL CREEK.*

THE DISASTER ARTIST. A good movie about a bad movie (*The Room*) in which the former gives the latter an empathetic gloss. Starring James Franco. *R. 104M. BROADWAY.*

THE GREATEST SHOWMAN. A glossy, glitzy musical about a complicated man. Hugh Jackman plays P.T. Barnum, an abolitionist and social reformer who made his money off “freak shows” and minstrelsy. Michelle Williams and Zac Efron also star. Statue of Barnum on the Arcata Plaza unlikely. *PG. 105M. BROADWAY.*

INSIDIOUS: THE LAST KEY. The fourth chapter in this horror series with parapsychologist sleuth Elise Rainier (Lin Shaye) investigating the scariest thing yet: her childhood. *PG13. 103M. BROADWAY, FORTUNA, MILL CREEK.*

JUMANJI: WELCOME TO THE JUNGLE. A remake of a 1995 Robin Williams vehicle that somehow combines *Breakfast Club* teen dynamics, body-swap comedies, aggressive hippos and The Rock’s skeptical eyebrow? Sure, why not? *PG-13. 119M. BROADWAY, FORTUNA, MILL CREEK.*

THE OTHER SIDE OF HOPE. A Finn-

ish man (Sakari Kuosmanen) who starts a restaurant with his gambling winnings befriends and employs a Syrian refugee (Sherwan Haji) in this comedy/drama from Finland. *NR. 100M. MINIPLEX.*

PADDINGTON 2. The marmalade-obsessed bear (Ben Whishaw) goes on a hunt for the thief who stole his pop-up book. With Sally Hawkins, Hugh Bonneville and Hugh Grant. *PG. 121M. BROADWAY, FORTUNA, MILL CREEK.*

PITCH PERFECT 3. Farewell tour for pun-happy franchise whose talented cast (Rebel Wilson, Anna Kendrick) can’t seem to synergize plot into satisfying fans. *PG13. 94M. BROADWAY.*

THE SACRIFICE (1986). The restored version of Andrei Tarkovsky’s final film, which focuses on a man and his son on the brink of World War III. *PG. 149M. MINIPLEX.*

THE SQUARE. This Palme D’Or winner, a Swedish satire about performance art, should satisfy your need to feel smart, when really we know you’re there to watch Elisabeth Moss (*Mad Men*, *The Handmaid’s Tale*) tear it up, per usual. *R. 142M. MINIPLEX*

STAR WARS: THE LAST JEDI. An ambitious, funny installment of the beloved franchise that should satisfy both mega-fans and fair-weather Wookies. *PG13. 153M. BROADWAY, FORTUNA, MILL CREEK, MINOR.*

THREE BILLBOARDS OUTSIDE EBBING, MISSOURI. A sterling cast (Woody Harrelson, Frances McDormand, Sam Rockwell, Abbie Cornish, Zeljko Ivanek and Peter Dinklage) does admirable work in a drama about a small-town murder but the film unravels in the last act. *R. 115M. BROADWAY.*

— Jennifer Fumiko Cahill and Linda Stansberry

Humboldt County Crisis Resources

Call 211 anytime to connect with local resources

24-Hour Crisis Lines

- California Youth Crisis
1-800-843-5200
- Youth Services Hotline, 444-CARE
- Domestic Violence, 443-6042
- North Coast Rape Crisis, 445-2881
- Alcoholics Anonymous, 442-0711
- GLBTQ National Help Center
1-888-843-4564
- Suicide Crisis-Hopeline-Veteran Crisis
1-800-784-2433

Faith-Based Drug & Alcohol Residential Programs

- Teen Challenge
268-0614
Men and Women, 1 year program
- New Life Recovery Program
445-3787
Men only
- Mountain of Mercy (Honeydew)
601-3403
Men and women, children considered

Groups and Meetings

- Alcoholics Anonymous
aahumboldtelnorte.net
844-442-0711
- Narcotics Anonymous
<http://www.humboldtna.org/>
(707) 444-8645
- AIAnon
(for family members of addicts and alcoholics)
443-1419
- Celebrate Recovery (faith-based)
442-1784

Housing

- North Coast Veteran's Resource Center
Eureka, 442-4322
Accepts: Veterans (men and women)
- Serenity Inn
Eureka, 442-4815
Accepts: Men and women, children
- Arcata House Partnership
822-4528
- Youth Service Bureau (YSB)
444-2273 or 443-8322
- North Coast Vets Resource Center
442-5852
- Crestwood Bridge House
442-5721

Harm Reduction

- North Coast Aids Project (Eureka)
599-6318
- Humboldt Area Center for Harm Reduction
hachr707@gmail.com
- Open Door Suboxone Program (Eureka)
498-9288
- Open Door North Country Clinic (Arcata)
822-2481
- Redwood Rural Health Center (Redway)
923-2783
- United Indian Health Services (Weitchpec)
(530) 625-4300

Inpatient Residential Drug & Alcohol Treatment Programs

- Humboldt Recovery Center
443-0514
Men and women accepted
- Waterfront Recovery Services
269-9590
Men and women accepted
- Singing Trees
<http://singingtreesrecovery.com/>
247-3495

Outpatient Drug & Alcohol Programs

- Department of Health and Human Services AOD
476-4054
- Healthy Moms
441-5220
(For pregnant and parenting women)
- Eureka Community Health Center
442-4038
- Kimaw Behavioral Health and Human Services (Hoopla)
(530) 625-4237
Free with Tribal ID
- United Indian Health Services (Arcata, Fortuna, Weitchpec)
825-5000
For tribal members

Under 18

- Raven Project
<http://rcaa.org/division/youth-service-bureau/program/raven-project-street-outreach-program>
24 hour: 444-2273
- Boys and Girls Club Teen Court
444-0153
- DHHS Adolescent Treatment Program
268-2800

En Español

- Paso a Paso
(707) 599-2474 or (707) 411-4477

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Many classes require pre-registration.

Communication

CONVERSATIONAL SPANISH MW, Jan. 29 - Feb. 26, 5:30-7:30pm. Learn essential Spanish for everyday conversation! Call CR Community Education at 707-476-4500. (C-0118)

SECRETS OF FRIENDSHIP CONSIDERED AT LIFETREE CAFÉ Keys to forming and maintaining lasting friendships will be explored at Lifetree Café on Sunday, January 28, 2018 at 7 p.m. The program, titled "Friends for Life: 10 buddies. 38 years. 1 week a year," features the filmed story of a group of guys who have remained friends 38 years after graduation from middle school. During the program participants will have the opportunity to discuss the factors involved in making and keeping friends, as well as the benefits of longtime friendships. Lifetree Café: free Conversation Café for one hour. Location: Corner of Union & 13th St., Arcata. Snacks and Coffee. Contact info: Bob 707 672 2919. (S-0118)

SPANISH Instruction/Tutoring Marcia 845-1910 (C-0405)

Dance/Music/Theater/Film

DANCE WITH DEBBIE: WILL YOU BE READY FOR HUMBOLDT'S DANCE EVENT OF THE YEAR? Join us in celebrating the annual Redwood Coast Music Festival! Learn to dance swing, Latin and more. No partner required, all levels welcome. (0301)

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-0125)

REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 www.redwoodraks.com (DMT-0125)

STEEL DRUM CLASSES. Weekly Beginning Class: Fri's. 10:30a.m.-11:30a.m., Level 2 Beginners Class Fri's. 11:30a.m.-12:30 p.m. New Classes starting October 23. Youth classes Mon's 4:30-5:30. Beginners Fri's 5:45-6:45. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-0125)

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0125)

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-1130)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1130)

Kids & Teens

HUMBOLDT JIU JITSU ACADEMY- FIRST WEEK FREE! Kids & Youth Classes. Brazilian Jiu Jitsu & Muay Thai Kickboxing Humboldtjiujitsu.com Arcata (K-1228)

STUDIO SCHOOL: MULTIMEDIA CIRCUS! Art classes for kids ages 5-13. Saturdays, 10-11:30am starting Feb. 3. \$110. www.humboldt.edu/studioschool (K-0118)

50 and Better

50 YEARS OF OCCUPATION WITH DAVID BOYD AND ROBERT ROTTENBERG. Deepen your understanding of life in the occupied territories through films, followed by a facilitated discussion. Tues., Jan. 30-March 6, 1-3:30 p.m. OLLI Members \$50. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0118)

BASIC TAP DANCE WITH MELISSA HINZ. Enjoy the benefits of tap dancing -balance, rhythm, stronger brain to body connection while strengthening your feet, legs, and core. Tap shoes not required. Fri., Feb. 2-March 9, 10:30-11:30 a.m. OLLI Members \$60. Sign up today! 826-5880 or www.humboldt.edu/olli (S-0118)

BOOK ARTS: THE BASICS WITH MICHELE OLSEN. Learn the basics about the tools, materials, and techniques required to make your own books. Thurs., Feb. 1, 1-4 p.m. OLLI Members \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0118)

HISTORY OF THE TRINIDAD LIGHTHOUSE WITH PATRICIA FLESCHNER. Glimpse into the lives of the lighthouse keepers and their families, the changes in technology and the fog bell house. Fri., Feb. 2, 10 a.m.-noon. OLLI Members \$30. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0118)

IN SEARCH OF CHARLES DARWIN WITH THOMAS JONES. Take a fascinating document-by-document journey to examine surviving sources to one of the most important events in the history of biology. Thurs., Feb. 1-March 8, 2-4 p.m. OLLI Members \$90. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0118)

IPHONE BASICS WITH JEFF SCHROEDER. Learn to effectively and efficiently use your Apple iPhone, its functions and features. New date: Sat., Feb. 10, 10 a.m.-noon. OLLI Members \$30. Sign up today! 826-5880 or www.humboldt.edu/olli (S-0118)

MINDSET: FOUNDATION OF FITNESS WITH COREY JUNG. Exercise a mindset to support your health and fitness and manage stress. Sat., Feb. 3 & Sun., Feb. 4, noon-3 p.m. OLLI Members \$55. Sign up today! 826-5880 or www.humboldt.edu/olli (S-0118)

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0125)

TAI CHI MADE EZ WITH GLENDA HESSELTINE. Learn simple, smooth, circular movements designed to stretch, limber, tone and strengthen the body. Mon., Jan. 29-March 5, 1-2:30 p.m. OLLI Members \$90. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0118)

TRADITIONAL STORYTELLING WITH PAUL WOODLAND. Lean the process of collecting, absorbing, and retelling a traditional folktale. Tues., Jan. 30-Feb. 20, 10:30 a.m.-12:30 p.m. OLLI Members \$70. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0118)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. ARCATA: Sunday 7:55 a.m. at Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. EUREKA: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more information call 826-1701 or visit arcatazengroup.org. (S-0111)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided at 9am. Childrens religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0125)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m., Community Yoga Center 890 G St., Arcata. Contact Lama Nyugu (707) 442-7068. Fierro_roman@yahoo.com. www.kdkarcatagroup.org (S-0125)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. www.tarotofbecoming.com (707) 442-4240 carolyn@tarotofbecoming.com (S-0125)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0125)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (TS-0125)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0629)

Vocational

AUTO BODY COLLISION REPAIR Mandatory Informational Meetings: Wed. Feb. 21st, Feb. 28th, March 7th or March 14th 5:30pm - 7:30pm 525 D street Eureka. Only need to attend one. Class starts March 26th Call CR Community Education at 707-476-4500. (S-0118)

BEGINNING EXCEL Jan. 30th -Feb. 8th Tues. & Thurs. 525 D St. Eureka. This course provides the basic, hands-on instruction needed to work with Microsoft Excel 2013. Call CR Community Education at 707-476-4500. (V-0118)

FIRELINE SAFETY for Hired Vendors now has dates and locations, Call CR Community Education at 707-476-4500 for more information. (S-0118)

FREE AMERICAN SIGN LANGUAGE CLASS Call College of the Redwoods Adult Education at 707-476-4520 for more information. (V-0201)

FREE BEGINNING COMPUTER CLASS Call College of the Redwoods Adult Education at 707-476-4520 for more information. (V-0201)

FREE CLASS TO PREPARE FOR THE GED OR HISET Call College of the Redwoods Adult Education at 707-476-4520 for more information. (V-0201)

FREE LIVING SKILLS CLASSES FOR ADULTS WITH DISABILITIES Call College of the Redwoods Adult Education at 707-476-4520 for more information. (V-0201)

LOAN SIGNING Jan. 22, 5:30pm- 9:30pm. Complement your Notary License by becoming a Loan Signing Specialist. Must have or be in the process of obtaining a California State Notary Public Commission. Call CR Community Education at 707-476-4500. (V-0118)

MEDICAL ASSISTING CERTIFICATION Review Jan. 20 - March 3, Saturdays 8:30 a.m. - 4:00 p.m. 525 D St. Eureka. Free with employer sign off on registration. Call CR Community Education at 707-476-4500. (V-0118)

QUICKBOOKS BASICS Fridays Jan 19 & 26, 8am-1pm HSU Siemens Hall 119. Learn to navigate the software and put accounting theories into practice. Call CR Community Education at 707-476-4500. (V-0118)

TRUCK DRIVER TRAINING Mandatory Informational Meetings, Tues. Feb. 20th, Thurs. Feb. 22nd, Tues. Feb. 27th & Thurs. March 1st 6p.m. - 8p.m. at 525 D St. Eureka. Only need to attend one. Class starts March 26th. Call CR Community Education at 707-476-4500. (V-0118)

VENIPUNCTURE Jan. 27, 8am-6pm CR main campus. This one day training meets the standards and qualifications established by the Division of Allied Health Professionals, Board of Medical Quality Assurance, and State of California. Not applicable for CT Venipuncture Certification. Call CR Community Education at 707-476-4500. (V-0118)


FREE ENGLISH AS A SECOND LANGUAGE (ESL) CLASSES Call College of the Redwoods Adult Education at 707-476-4520 for more information. (V-0111)

Wellness & Bodywork

ANUSARA YOGA Session I Fri, Jan. 26- May 4, 1-2pm. Session II Wed, Jan 31- May 2, 1:30pm - 2:30pm CR Main Campus. Call CR Community Education at 707-476-4500. (W-0118)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Jan 31- March 21, 2018, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2018. meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Herbal & Traditional Healing in Greece with Thea Parikos. May 4 - 14, 2018. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on this amazing journey of learning to the Aegean islands of Ikaria & Samos! Register online www.dandelionherb.com or call (707) 442-8157. (W-0125)

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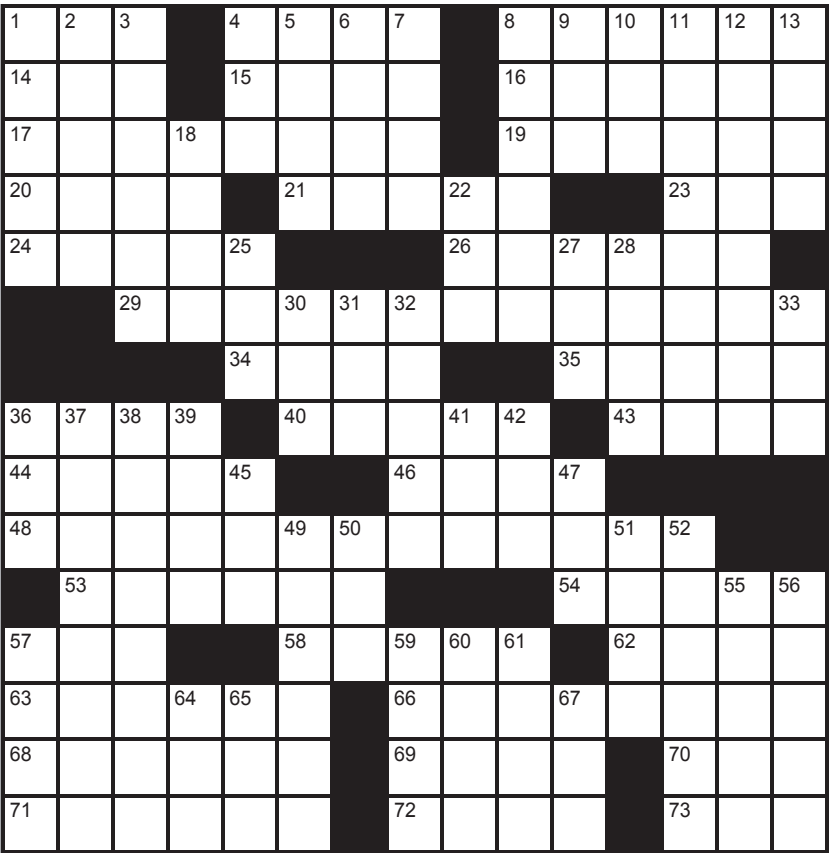
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CROSSWORD



I SPY

ANSWERS NEXT WEEK!

by David Levinson Wilk

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- ACROSS

1. "Like I'm supposed to believe THAT!"

4. Staple of a vegan diet

8. Burning the midnight oil

14. It ends in diciembre

15. Kimono securers

16. ____ d'

17. "I spy with my little eye ... a late-night TV host!"

19. "My, my!"

20. Author Janowitz

21. He passed Lou in 2009 to become the Yankees' all-time hit leader

23. "How cute!" cries

24. Take ____ (chance it)

26. Bogart's "The Big Sleep" costar

29. "I spy with my little eye ... a state capital home to an annual event called

34. Dirty

35. Not stick to one's guns

36. URL starter

40. Figure in the high 60s

43. Rose once seen on many fields

44. Clued in

46. "No need to wake me"

48. "I spy with my little eye ... a character who debuted in a 1929 comic strip!"

53. Pendergrass and Roosevelt

54. Busybody

57. PBS' ____ the Science Kid"

58. "Slow and steady wins the race" source

62. Bibliophile's suffix

63. "Western" or "Spanish" dish

66. "I spy with my little eye ... a national seashore park north of San Francisco!"

68. Lies

69. Shade of bleu

70. Kit ____ bar

71. Country singer Trace

72. Grand Canyon sight

73. The Depression or the Cold War

DOWN

1. "____ mañana"

2. Something lent or bent

3. Capturer of some embarrassing gaffes

4. Friend of Huck

5. Followed instructions

6. Order after "Ready ... aim ..."

7. Apt anagram of "Russ."

8. "So I guess that's a thing now"

9. Part of a tuba's sound

10. Jar top

11. More than gnawed at

12. Shrimp catcher

13. Suffixes with mountain and auction

18. ____ browns (breakfast order)

22. "Charlotte's Web" author's monogram

25. Daniel who wrote "Flowers for Algernon"

27. Dairy animal

28. "Do I need to draw you ____?"

30. Nonverbal "yes"

31. Puppy's bite

32. Fashion designer Perry

33. Princeton Review subj.

36. Chance, poetically

37. Cheated on

38. Cassette player

39. Victimized, with "upon"

41. Actress Thurman

42. Fashion designer Anna

45. What boarding precedes, for short

47. Brief memo nicety

49. Alternatives to Hiltons

50. Suffix with legal

51. Getting the job done

52. Mr. ____, Tattoo's employer on "Fantasy Island"

55. Lease period, often

56. Tagliatelle, e.g.

57. Coke or Pepsi

59. Email best not replied to

60. Seep

61. Papal name chosen 12 times

64. Niihau neckwear

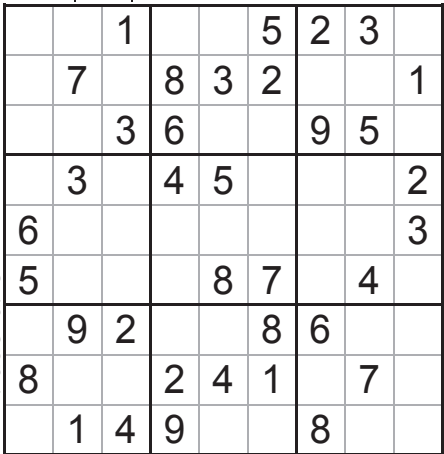
65. "Ich bin ____ Berliner"

67. Grp. sponsoring the Muzzle Loading Championship

LAST WEEK'S ANSWERS TO HEAD



su | do | ku



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VERY EASY #86

NOTICE INVITING BIDS

1. Notice is hereby given that the Governing Board of the Redwood Coast Montessori School District ("District"), of the County of Humboldt, State of California, will receive sealed bids for the Supply, Installation and Commissioning of a Grid-Tied 15.08 kW, Solar PV System Project ("Project") up to, but not later than, 3:00 p.m., on Wednesday, February 7, 2018, and will thereafter publicly open and read aloud the bids. All bids shall be received at the office of the Greenway Partners, located at 1385 8th Street, in Arcata, California 95521.
2. Each bid shall be completed on the Bid Proposal Form included in the Contract Documents, and must conform and be fully responsive to this invitation, the plans and specifications and all other Contract Documents. Copies of the Contract Documents are available for examination at the office of the Redwood Coast Montessori School District, County of Humboldt, California, and may be obtained by licensed contractors for free. Electronic copies of the Contract Documents can also be obtained from the Humboldt Builders Exchange (<http://www.humbx.com/>) or by emailing the Project Engineer (Nathan Sanger at sanger@greenwaypartners.net).
3. Each bid shall be accompanied by cash, a cashier's or certified check, or a bidder's bond executed by a surety licensed to do business in the State of California as a surety, made payable to the District, in an amount not less than ten percent (10%) of the maximum amount of the bid. The check or bid bond shall be given as a guarantee that the bidder to whom the contract is awarded will execute the Contract Documents and will provide the required payment and performance bonds and insurance certificates within ten (10) days after the notification of the award of the Contract.
4. The successful bidder shall comply with the provisions of the Labor Code pertaining to payment of the generally prevailing rate of wages and apprenticeships or other training programs. The Department of Industrial Relations has made available the general prevailing rate of per diem wages in the locality in which the work is to be performed for each craft, classification or type of worker needed to execute the Contract, including employer payments for health and welfare, pension, vacation, apprenticeship and similar purposes. Copies of these prevailing rates are available to any interested party upon request and are online at <http://www.dir.ca.gov/DLSR>. The Contractor and all Subcontractors shall pay not less than the specified rates to all workers employed by them in the execution of the Contract. It is the Contractor's responsibility to determine any rate change.
5. The schedule of per diem wages is based upon a working day of eight hours. The rate for holiday and overtime work shall be at least time and one half.
6. The substitution of appropriate securities in lieu of retention amounts from progress payments in accordance with Public Contract Code §22300 is permitted.
7. Pursuant to Public Contract Code §4104, each bid shall include the name and location of the place of business of each subcontractor who shall perform work or service or fabricate or install work for the contractor in excess of one-half of one percent (1/2 of 1%) of the bid price. The bid shall describe the type of the work to be performed by each listed subcontractor.
8. Minority, women, and disabled veteran contractors are encouraged to submit bids. This bid is not subject to Disabled Veteran Business Enterprise requirements.
9. The project is subject to compliance monitoring and enforcement by the California Department of Industrial Relations. In accordance with SB 854, all bidders, contractors and subcontractors working at the site shall be duly registered with the Department of Industrial Relations at time of bid opening and at all relevant times. Proof of registration shall be provided as to all such contractors prior to the commencement of any work.
10. Each bidder shall possess at the time the bid is awarded the following classification(s) of California State Contractor's license: Class B (General Building Contractor) or a Class C-46 (Solar Contractor) or a Class C-10 (California Electrical Contractor).
11. A non-mandatory bidders' conference will be held at Redwood Coast Montessori on Monday, January 22, 2018 at 3:00 p.m. for the purpose of acquainting all prospective bidders with the Contract Documents and the Project site.

T.S. No. 054241-CA APN: 019-114-024-000 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROP- ERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 9/26/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLA- NATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER

On 2/13/2018 at 11:00 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 10/6/2008, as Instrument No. 2008-23936-11, of Official Records in the office of the County Recorder of Humboldt County, State of CALIFORNIA executed by: ROBERT E. SWEN-DEMAN AND DOROTHY B. SWEN-DEMAN, AS TRUSTEES OF THE ROBERT E. AND DOROTHY B. SWENDEMAN 2004 TRUST DATED APRIL 28, 2004 WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: AT THE FRONT ENTRANCE TO THE COUNTY COURTHOUSE, 825 5TH ST., EUREKA, CA 95501 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 4498 LITTLE FAIRFIELD ST EUREKA, CALIFORNIA 95503 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$295,448.49 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a

written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 054241-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP. 4375 Jutland Drive San Diego, California 92117

1/18, 1/25, 2/1 (18--006)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at public sale by competitive bidding on

Tuesday the 30th of January, at 9:00 AM, on the premises where said property has been stored and which are located at CUTTEN MINI STORAGE, 2341 Fern Street, Eureka, CA County of Humboldt the following:

Renee Stanger #16
Shirley Kierce #77

Items to be sold include, but are not limited to: Bike, scooter, toys, couch, chairs, stool, large table, small table, mattress sets, wheel chair, dresser, guitar, luggage, books, basket, pictures, pump, statue, trunks, movies, helmet, tools, stereo equipment, vacuum, and bags, boxes, bins - contents unknown.

Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 2341 Fern Street, Eureka, CA prior to 9:00 AM on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

Auctioneer: Cutten Mini Storage
(707) 443-2280, Bond #0336443

Dated this January 18, 2018 and January 25, 2018
(18--003)

Public Sale

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to sections 21700-21716 of the Business Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code.

The undersigned will be sold at public auction by competitive bidding on the 19th day of January 2018, at 11:00 AM on the premises where said property has been stored and which are located at INDIANOLA STORAGE, 673 Indianola Cutoff, Eureka, County of Humboldt, State of California. The following units will be sold:

Sir Marcha - Unit #66 - Misc. Household items
Michele Bands - Unit #218 - Misc. Household items
Rebecca Wolsky - Unit #407 - Misc. Household Items

Purchase must be paid for (cash only) and removed at the time of the sale, with the unit left broom clean. Sale is subject to cancellation in the event of settlement between owner and obligated party. Owner reserves the right to bid. Call 442-7613.

Indianola Storage, Jerry Avila, bond #0327592

1/11, 1/18 (18-005)

FICTITIOUS BUSINESS NAME STATEMENT 17-00654

The following person is doing Business as
CITADEL MASONRY

Humboldt
1855 Margaret Ln
Arcata, CA 95521

Jacob D Estetter
1855 Margaret Ln
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jacob Estetter, Owner
This statement was filed with the County Clerk of Humboldt County on December 13 2017
KELLY E. SANDERS
by sc, Humboldt County Clerk

FICTITIOUS BUSINESS NAME STATEMENT 17-00678

The following person is doing Business as
TULIP

Humboldt
1660 Central Ave, Ste C
McKinleyville, CA 95519

Tulip Enterprises Ltd Liability Co
CA 201521610213
1660 Central Ave, Suite C
McKinleyville, CA 95519

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Victoria England, Owner/CEO
This statement was filed with the County Clerk of Humboldt County on December 28, 2017
KELLY E. SANDERS
by kl, Humboldt County Clerk

1/11, 1/18, 1/25, 2/1 (18-004)

LEGALS?
classified@north
coastjournal.com
442-1400 x305

**SUBMIT your
Calendar
Events**



ONLINE
northcoastjournal.com
or by E-MAIL
calendar@northcoastjournal.com

**PRINT DEADLINE: Noon Thursday,
the week before publication**

FICTITIOUS BUSINESS NAME STATEMENT 18-00026

The following person is doing Business as
THREE CREEKS SOLUTIONS, LLC

Humboldt
4184 Browns Rd
Eureka, CA 95503

Three Creeks Solutions, LLC
CA 201711510167
4184 Browns Rd
Eureka, CA 95503

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Ethan Aronson, President
This statement was filed with the County Clerk of Humboldt County on January 12, 2018
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8 (18-008)

FICTITIOUS BUSINESS NAME STATEMENT 18-00025

The following person is doing Business as
THREE CREEKS FARMS

Humboldt
3990 Broadway
Eureka, CA 95503

Humboldt Healing Collective
CA C3845682
3990 Broadway
Eureka, CA 95503

The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Ethan Aronson, President
This statement was filed with the County Clerk of Humboldt County on January 12, 2018
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8 (18-009)

FICTITIOUS BUSINESS NAME STATEMENT 18-00012

The following person is doing Business as
SOUTHERN HUMBOLDT DISTRIBUTION COMPANY
Humboldt Manufacturing
Humboldt Delivers
Lost Coast Elixirs
Briceland
Key System Patient Group

Humboldt
3354 Redwood Drive
Redway, CA 95560

SHDC, LLC
CA 201524610295
300 Frank H. Ogawa Plaza, Suite 370
Oakland, CA 94612

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Keenan Whitehurst, Manager
This statement was filed with the County Clerk of Humboldt County on January 8, 2018
KELLY E. SANDERS
by sm, Humboldt County Clerk

1/18, 1/25, 2/1, 2/8 (18-007)

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 17-00622

The following person has withdrawn from fictitious business name
EMERALD'S EDGE

Humboldt
70 C Wildwood Ave.
Rio Dell, CA 95562

The fictitious business name was filed in HUMBOLDT County on November 27, 2017

Christina M. Gallagher
3330 Campton Hts. Dr.
Fortuna, CA 95540

This business was conducted by: An Individual

/s/ Christina Gallagher
This state was filed with the HUMBOLDT County Clerk on the date December 19, 2017
I hereby certify that this copy is true and correct copy of the original statement on file in my office
Kelly E. Sanders
s/ sm, Deputy Clerk
Humboldt County Clerk

12/28, 1/4, 1/11, 1/18 (17-283)

LEGALS?

classified@northcoastjournal.com
442-1400 x305

Opportunities

AMERICAN STAR PRIVATE SECURITY

Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262.

HOME CAREGIVERS PT/FT

Non-medical caregivers to assist elderly in their homes. Top hourly wages. (707) 362-8045.



EDUCATION:

EQUAL OPPORTUNITY TITLE IX For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more.

Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039.

The North Coast Journal is hiring SALE REPS



BASE SALARY + COMMISSION + BENEFITS

Seeking full-time motivated individuals eager to develop and manage sales programs across print, web and mobile platforms.

Apply by emailing your resume to melissa@northcoastjournal.com



EUREKA CAMPUS

Assistant Professor, Biology

Full-time, Tenure track

Fall 2018

Annual Salary Range:

\$50,266 - \$66,073

Close Date: February 9, 2018

Farm Manager – Shively Farm

40 Hours / Week, 12 Months / Year

Annual Salary Range:

\$46,587.19 - \$67,483.49

Close Date: February 28, 2018

Temporary Public Safety Officer Pool

On-call work available for all shifts

\$15.00/hourly

More information about the positions

Is available through our website.

<http://www.redwoods.edu/hr>

College of the Redwoods

707-476-4140 hr@redwoods.edu

College of the Redwoods is an EO Employer



CITY OF EUREKA

TREATMENT PLANT OPERATOR I/II

The City of Eureka is currently accepting applications for a full-time Treatment Plant Operator to join our team at the Elk River Treatment Plant. Duties include monitoring plant operations equipment and processes to ensure compliance with environmental and public health standards, including monitoring and making adjustments as needed to optimize efficiency. This position requires working on weekends and holidays, and may occasionally require working evenings.

TPO I – Equivalent to the completion of the twelfth grade and one year of experience in the operations of water and/or wastewater treatment plants.

TPO II – must possess a Grade II Water and / or Wastewater Operator Certificate issued by the California State Department and/or California State Water Resources Control Board.

For more information and to apply online please visit our website at

www.ci.eureka.ca.gov. Final filing date is:

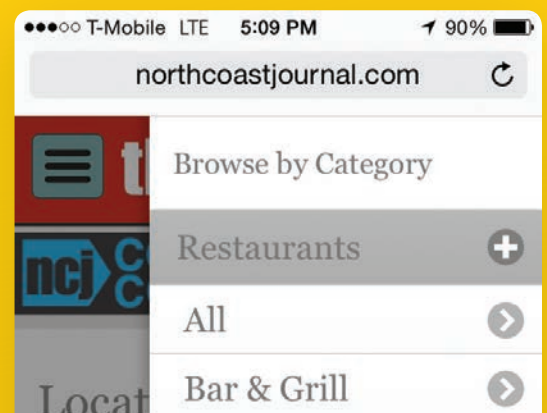
5:00 p.m. Friday, January 26, 2018 EOE

RESTAURANTS



Search by food type,
region and price.

northcoastjournal.com





Planned Parenthood Northern California

*PPNorCal is recruiting
for following jobs:*

Reproductive Health Specialist II-III, Eureka

Job Description:

Planned Parenthood Northern California (PPNorCal) is currently seeking a full-time Reproductive Health Specialist II-III to serve our clients at the Eureka Health Center. The Reproductive Health Specialist reports to the Center Director and is an integral part of the Client Services department. This is a non-exempt, full-time position, working 40 hours per week including evenings and Saturdays as needed. Salary is \$15.25 + comprehensive benefit package including Medical, Dental and Vision Insurance, ETO and 403B!

CLOSING DATE: Until Filled

Apply online at: ppnorcal.org. EOE Please include a cover letter along with a resume with your on line submission.

Essential Job Responsibilities:

- Serve as phone receptionist; book appointments, provide information about medical services and appropriate referrals, screen calls, provide health information as appropriate and document.
- Ensure accurate completion and patient understanding of all necessary forms.
- Assess eligibility for funding, health insurance and/or fees. Collect payments, and complete on-line eligibility processes.
- Perform accurately all vital signs and lab tests; including blood draws and injections; document accurately.
- Work as a team member to set-up and clean-up exam rooms and lab, handle lab specimens, stock supplies, and maintain lab equipment.
- Review and reconcile billing on a daily basis.
- Abstract or scan medical records into the electronic health record as needed.
- Input and update patient information in the electronic health records.
- Assist the nurse/clinician/physician as indicated.
- Assist in family planning, STD, abortion and prenatal services (if applicable) to include providing information about pregnancy options and support in a caring, non-judgmental, factual manner.
- Assist in all aspects of abortion procedure, including performing vital signs, lab work, and tissue processing as needed; assist physician during procedure while being supportive of patient; and assist in recovery room.
- Adhere to affiliate goals and policies on professionalism, wait time in-health center and on the phone, and the system for addressing patient complaints.
- Participate in health center efforts to achieve established goals for productivity.
- Participate in health center/affiliate efforts to achieve established revenue cycle goals.

Qualifications:

- Associate's degree (A. A.) or equivalent from two-year College or technical school; or six months to one year related experience and/or training; or equivalent combination of education and experience.
- Experience working in a health care setting preferred.
- Knowledge of medical assistant practices and reproductive health preferred.
- Ability to work calmly, efficiently and represent the organization with a high degree of professionalism.
- Excellent customer service, problem solving, judgment, organizational and communication skills.
- Ability to multi-task and to work independently and as a member of the team.
- Flexible and able to work in other health center locations, as requested.
- Must be able to travel to Administration Offices to attend trainings and meetings as needed.
- Bilingual in English and Spanish highly desired.
- Ability to support the provision of reproductive healthcare services to socioeconomically diverse populations with cultural competency.
- Ability to support the provision of reproductive health care services with a non-judgmental, patient-centered approach.
- Commitment to quality healthcare.

Planned Parenthood Northern California is an equal opportunity employer and works affirmatively to include diversity among its staff and does not discriminate on the basis of race, color, ethnicity, religion, sex/gender identity, sexual orientation, national origin, age, disability, income, marital status or any other irrelevant dimension of diversity. PPNorCal values collaboration between employees of diverse backgrounds and experiences. We provide healthcare and education services to 136,000 adults and youth every year at 17 sites located throughout 20 Northern California counties. Planned Parenthood Northern California offers high-quality, affordable health care to all, regardless of income or insurance status. We care. No matter what!

Our experienced and caring medical staff gives each client honest information and personal attention. We provide a full range of services including: birth control, breast exams, cancer screenings, medication and surgical abortion, pregnancy testing and counseling, prenatal care, PrEP and nPEP to prevent HIV infection, STD screening and treatment, vasectomy and female sterilization, and more.



CITY OF ARCATA ACADEMY STUDENT/POLICE OFFICER-TRAINEE

\$17.45 – \$21.22/hr

Are you currently enrolled in the 121st Police Academy?

The City of Arcata seeks to cover expenses, pay an hourly wage, and also offer a health plan for successful applicants already accepted into the next Academy.

Application materials available at:
www.cityofarcata.org or City Manager's Office,
736 F Street, Arcata; (707) 822-5953. EOE



CITY OF FORTUNA GENERAL SERVICES SUPERINTENDENT

FULL TIME, \$57,073 - \$69,438 PER
YEAR, EXCELLENT BENEFITS.

This position will assist the Director of Public Works with budget development, implementing the City's ongoing Capital Improvement Program, and supervision of assigned staff. Pre-employment physical and background check required.

Full job description and required application available at City of Fortuna, 621 11th St. or www.friendlyfortuna.com.

Application packets must be received by
Monday, 4pm on February 5, 2018



CITY OF FORTUNA LEAD UTILITY WORKER

FULL TIME, \$36,344 - \$44,218/
YEAR, EXCELLENT BENEFITS.

Lead Utility Worker performs a variety of tasks in the operation and maintenance of the City's water distribution and sewer collection systems. This is a front-line supervisory position, responsible for leading crews and participating in the operation, repair and construction of water and sewer assignments.

Must be 18 and possess a valid Class B drivers license, D2 and T1 certification at the time of hire. Pre-employment physical and background check required.

Full job description and required application available at City of Fortuna, 621 11th St. or www.friendlyfortuna.com.

Application packets must be received by
4pm on **Friday, January 19, 2018.**

SALON AT BLUE LAKE CASINO NOW HIRING!

The Salon at Blue Lake Casino & Hotel is currently accepting applications for the following positions:

Hair Stylist, Manicurist, and Skin Care

To apply, visit the "Careers" page at www.bluelakecasino.com and click the "Salon" link for more information.

All positions will be offered as
Independent Contractors.

North Coast
Journal
of Politics, People and Art

SOCIAL MEDIA COORDINATOR

Do you live on social media, with accounts on
Twitter, Facebook, Instagram, Pinterest, Snapchat
and every other platform known to man?
If so, maybe you can help us.

We are looking for a motivated, passionate person to manage the Journal's social media presence across multiple platforms and work with select advertising clients to increasing their reach and build their brands. The ideal candidate will have a broad knowledge base that allows him or her to build and execute a strategy that gradually increases customer and reader engagement by strategically exploiting all aspects of the social media marketing roadmap.

Candidates must have a solid understanding of how each social media platform works and how to tailor content for each to maximize impact and engagement.

Responsibilities

- Generate, edit, publish and share daily content that builds meaningful connections, including photos and video
- Moderate all user-generated content in line with the moderation policy for each platform
- Create calendars and syndication schedules
- Continuously improve by capturing and analyzing the appropriate social data/metrics, insights and best practices, and then acting on the information
- Collaborate with other departments (editorial, sales, clients) to manage reputation, identify key players and coordinate actions

Skills

- Writing: Social media managers will need to know how to write effective copy in a lot of different styles, for twitter, Facebook, etc.
- Research: Social media managers need to know what is happening in the fast changing world of social and digital media, what competitors are doing and what new measurement tools are being used.
- Problem-Solving: Social media managers figure out how to best communicate a company's message on different platforms, and sometimes might need to convey sensitive issues or deal with angry customers.
- Organization: There are many different platforms, and new ones are being developed all the time. How you communicate on each, determining audience, and measuring tactics all take organization.
- Interpersonal Skills: Even through writing, social media managers are a direct connection between a company and the public. Being friendly and approachable online will help.
- Technical Skills: Social media managers work almost exclusively through computers. Understanding computers, SEO, internet access and being tech savvy is necessary.
- Photography and video: The ideal candidate will be able to generate photo and video content to be utilized on various social media platforms.

Submit application and resume to Melissa Sanderson
melissa@northcoastjournal.com.



CITY OF ARCATA and CITY OF EUREKA

ENTRY LEVEL-DISPATCHER TEST

If you are interested in a career as a Police Dispatcher, consider attending our free of charge testing session scheduled for January 24th in Eureka.

The test is 3 1/2 hours and passing scores qualify you for employment opportunities at either agency.

Visit www.cityofarcata.org for a test reservation form to secure your space. EOE



LOOKING FOR AN EMPLOYER COMMITTED TO YOUR CAREER AND WELL-BEING? ARE YOU A PART-TIME LVN/RN LOOKING FOR SUPPLEMENTAL HOURS?

Crestwood Behavioral Health Center is looking for Full-time, Part-time & On-call LPTs/LVNs to join our dynamic Team. Full-time benefits include medical, dental and vision plans; 401(K); sick & vacation time; scholarships; & lots of career-furthering training.

\$500 SIGN-ON BONUS, please inquire for details!

Apply at: 2370 Buhne Street, Eureka
707-442-5721

<http://crestwoodbehavioralhealth.com/location/eureka/>



CITY OF ARCATA BUILDING OFFICIAL

\$63,077 – 76,670/yr.

Open until filled. Are you an accomplished contractor looking for a lead role utilizing the skills you've obtained throughout your career?

This administrative position plans, organizes, manages, and coordinates all our Building Division activities and oversight. EOE.

Application packet available at:
www.cityofarcata.org or City Manager's Office, 736 F Street, Arcata; (707) 822-5953.

open door

Community Health Centers

NOW SEEKING:

STAFF ACCOUNTANT

Open Door Community Health Centers is committed to being a strong steward of the funds entrusted to the organization. As a 501(c)(3) nonprofit tax exempt organization generating revenues from a variety of public and private health insurance programs and receiving grants and other payments from a variety of sources for the provision of high quality health care to all, regardless of the ability to pay, ODCHC has an obligation to be transparent, operate within its governing regulations and meet the needs of the public.

The Staff Accountant, working under the direction of the Controller, makes essential contributions to ODCHC operations and develops, interprets and implements complex financial and accounting concepts as well as methods for financial accounting and control in accordance with GAAP.

The Staff Accountant must be able to work collaboratively with all levels of management and staff across a diverse workforce. The Staff Accountant works closely with the Controller and Chief Financial Officer in meeting the daily processing needs of all aspects of general ledger data and other accounting functions within internal control guidelines

For details and online applications, visit:

opendoorhealth.com



CURRENT JOB OPENINGS

Interested applicants are encouraged to visit and apply online at www.SHCHD.org or in person at 733 Cedar Street, Garberville (707) 923-3921

LICENSED VOCATIONAL NURSE (LVN) OR REGISTERED NURSE (RN) OUTPATIENT CLINIC

Full-Time position. Current California LVN or RN license and BLS certification required. Work 8-hour shifts in outpatient Rural Health Clinic.

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Full-Time. Current California RN License, BLS, ACLS, & PALS certification required. Work 12-hour shifts in our critical access acute care & emergency room. Willing to train the right New RN Graduate.

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Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility.

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Full Time, Part Time, or Per Diem Positions. Direct Patient Care, activities with the residents/ patients. Must possess CNA Certificate and CPR Certification.

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#0721 HEAD START TEACHER
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#0753 EARLY HEAD START TEACHER
RG/FT KE'PEL \$17.69-25.53 OUF

#0760 HOME BASE VISITOR HEAD START
RG/FT KE'PEL \$14.17-20.62 OUF

#0773 FORESTRY DIRECTOR
RG/FT KLAMATH \$70,873-91,134 6/22/16

#0775 PLANNER IV
RG/FT KLAMATH \$23.42-33.53 6/22/16

#0755 GRANT WRITER
RG/FT KLAMATH \$17.23-24.88 6/22/16

#0778 ELDERS ADVOCATE COORDINATOR
RG/FT EUREKA \$15.45-22.39 7/1/16

#0784 CASE MANAGER (YOUTH)
RG/FT KLAMATH \$13.812-22.39 OUF

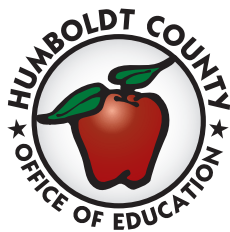
#0792 BIOLOGIST I FISHERIES
RG/FT WEITCHPEC \$19.15-27.59 6/22/16

#0793 YOUTH WELLNESS COORDINATOR
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RG/FT WEITCHPEC \$11.28-1419 OUF

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RG/FT WEITCHPEC \$12.31-17.95 6/23/16



Humboldt County Office of Education

Budget & Accounting Analyst

FT, Perm., M-F, 7.5 Hrs./Day, \$22.94-\$32.42/Hr. DOE

Qualifications: BA in Accounting, Business Management or related field and 5 yrs. increasingly responsible exp. in school business functions or comparable exp. in accounting & financial record keeping required. Eligible for H&W, PERS retirement.

App. available at HCOE or online

www.hcoe.org/pers/appinfo.php

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501 **Deadline 1/23/18, 4 pm**



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Full Time, City of Fortuna. \$38,681 - \$47,061 per year, excellent benefits. Receives on-the-job training for the principal duty of dispatching calls for emergency and non-emergency services; Must be 18 and have current CDL. Pre-employment physical and background check required.

Full job description and required application available at **City of Fortuna, 621 11th St. or www.friendlyfortuna.com.**
Application packets must be received by **4pm on January 26, 2018.**

County of Humboldt PARK CARETAKER I

\$2,418 – \$3,103/mo, including benefits and CalPERS retirement.

While under general supervision, this position performs routine and skilled work in the maintenance of park grounds and facilities; provide information to park users, explain rules and regulations and respond to complaints.

Desirable qualifications include experience in natural resource park maintenance and skill and knowledge in the use of landscaping and building trade tools and equipment. Must be willing to work flexible hours, including evenings, weekends and holidays.

Valid CA driver's license required.

Final filing date: Friday, February 9, 2018

Apply online at www.humboldt.gov/hr or contact: Human Resources, (707) 476-2349 825 Fifth St., Room 100. Eureka, CA. AA/EOE

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HUMBOLDT AREA FOUNDATION

Director of Donor Engagement

This is an exempt, full time position based in Bayside, CA. Compensation is \$70,000-\$90,000, DOE and includes health benefits, retirement benefits, and paid holiday and sick time. Occasional evening/weekend work hours expected.

The Director of Donor Engagement is responsible for direction and oversight of all HAF donor services, including planned giving, facilitating donor generosity, new fund creation, connecting donors to HAF work in the community, and to effectively communicate HAF's efforts overall. Job duties include, but are not limited to, providing technical assistance for individuals and their advisors to develop planned gifts; identifying and building relationships with key people in communities; integrating efforts with HAF's community initiatives, grantmaking, programs, and affiliates; assisting in the creation of outreach and communications materials; and supporting the establishment of the Opportunity Fund. In conjunction with the HAF Board of Directors, Executive Director, and Senior Management team, this position has specific responsibility for related policy and procedure development, plus supervision of Donor Engagement personnel.

Minimum qualifications for this position include ten years of work experience in developing long-term customer/client/donor relationships; commitment to promoting and encouraging generosity, leadership, and inclusion; ability to communicate effectively with a diverse population, establish and maintain working relationships with individuals from diverse backgrounds, and demonstrates respect for cross-cultural perspectives and experiences; experience in leadership and management with demonstrated commitment to teamwork and intra-team cooperation and collaborative problem solving; ability to provide sound judgment and offer solutions operating with the highest levels of personal integrity and ethical standards; is willing and able to grow in understanding of local cultures and regional characteristics, and uses a goal of diversity and equity to inspire collaboration and communications; experience in providing excellent customer service and handles interactions with creativity and diplomacy; excellent listening skills and emotional intelligence; experience in the leadership development of others, mentoring staff, and building relationships; organizes time wisely and prioritizes workloads to meet deadlines; performs work with a high level of accuracy and is able to identify and correct mistakes in own work; illustrates strong written communication skills; proficiency executing intermediate to advanced-level functions with the Microsoft Office Suite (Word, Excel, Outlook, etc.); experience with and comfort learning new software such as donor management or constituent relationship management systems; and possesses a valid California driver's license and current auto insurance and has the ability to travel and attend events outside the office, which may require occasional use of a motor vehicle.

Please visit our website for application procedures and the complete job announcement, including preferred qualifications. For more information, contact Patrick Cleary at (707)442-2993. Please submit your resume and cover letter to admin@hafoundation.org

Deadline to Apply: January 26, 2018



K'ima:w Medical Center

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

IT & Applications Technician

\$52,000 DOE (Temporary 2-3 months)

RN (medication-assisted treatment)

\$70,304-91,395 per yr DOE

RN Care Manager

\$70,304-91,395 per yr DOE

Benefits Clerk

\$28,600-37,170 per yr DOE

Substance Abuse Counselor (medication-assisted treatment)

\$39,600-51,500 per yr DOE

Mental Health Clinician (medication-assisted treatment)

\$58,600-91,300 per yr DOE

Nurse Manager/Director of Nurses

\$83,668-108,678 DOE

Mental Health Clinician (LMFT or LCSW)

\$58,600-91,300 per yr DOE

Clinical Laboratory Scientist

\$83,568-108,778 per yr DOE

Physician

\$190,000-240,000 per yr DOE

Dental Hygienist

(staff or contracted)

Family Nurse Practitioner

82,368-130,078 per yr DOE

Physician Assistant

\$83,595-108,680 per yr DOE

Licensed Vocational Nurse

\$39,620-51,520 per yr DOE, KGS 7

Certified Medical Assistant

\$31,990-41,600p, KGS 5

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: hr.kmc@kimaw.org for a job description and application. Resume and CV are not accepted without a signed application.



Northcoast Children's Services

ASSISTANT TEACHER, Arcata

Assist teacher in the implementation & supervision of activities for preschool age children. Min of 6-12 ECE units & 6 months exp working w/young children. P/T M-F (yr round) 15hrs/wk \$10.60-\$11.69/hr Open Until Filled

TEACHER (Temporary), Arcata

Provide care for & supervise infants & toddlers. Assist Director w/ curriculum, developmental assessment, environment & other duties. Must meet Associate Teacher Level on Child Development Permit Matrix or possess 12 ECE units, & have 1 year exp. teaching in an early childhood setting. P/T (yr round): 25hrs/wk (Mon-Fri); \$11.47-\$12.04/hr. Open Until Filled

ASSISTANT COOK, McKinleyville

Duties include assisting in the prep & organization of food, setting-up meals & snacks & kitchen cleanup for a preschool facility. Req basic cooking skills. Prior exp in food handling & service desired. P/T (school yr) 24 hrs/wk.\$10.60-\$11.13/hr. Open Until Filled

TEMP CLASSROOM ASSISTANT, Willow Creek

Assist center staff in the day-to-day operation of the classroom for a preschool program (implementing & supervising activities). Prefer a min. of 6 ECE units & 6 months exp. working w/ young children P/T 17/hr/wk: \$10.60-\$11.69 Open Until Filled

HOUSEKEEPERS, Eureka

Multiple positions open. Perform duties required to keep site clean, sanitized & orderly. Must have experience & knowledge of basic tools & methods utilized in custodial work and have the ability to learn and follow health & safety requirements. P/T \$10.60/hr Open Until Filled

Positions include vacation, holidays & sick leave benefits.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application

please call 707-822-7206 or visit our website at

www.ncsheadstart.org



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- Selects products for purchase by testing, observing, or examining items.
- Estimates values according to knowledge and trends of market price.
- Maintains procurement records, such as items or services purchased, costs, delivery, product quality or performance, and inventories.
- Researches production, sales records, and current levels of inventory to determine supply and demand of products or materials used to ensure the right amount of product or materials are available at all times.
- Communicates and coordinates with shipping manager to ensure optimum efficiency in delivery.
- Communicates and discusses defective or unacceptable goods or services with production manager, quality control personnel, and vendors to determine source of trouble and take corrective action.
- Approves invoices for payment.
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- Ability to multitask and react to changes in production schedule.
- Follows and complies with all company safety policies/procedures.
- Other duties as assigned

Knowledge, Skill and Experience:

- High school diploma or GED required.
- Minimum 3 years' experience in purchasing, material management, logistics, supply chain or related field.
- Demonstrates proficiency in the use of inventory management software.
- Possesses specific knowledge of company's range of products and services.
- Possesses strong calculative and analytical skills.
- Pays close attention to detail.
- Demonstrates strong organizational skills.
- Exhibits ability to think creatively in order to devise best inventory control practices.
- Demonstrates strong interpersonal and customer service skills.
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This position requires active membership in the State Bar of California and may require a valid California class C driver's license with satisfactory driving record.

For a complete job description, and to apply, please visit our website at: **www.ci.eureka.ca.gov.**
Final filing date: **5:00 pm, Friday, 1/26/2018. EOE**

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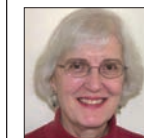
Annual Income Limits:
1 pers. \$21,000; 2 pers. \$24,000;
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WILLOW CREEK - \$1,100,000

±21 south facing acres with 200 amp PG&E, generator, large barn/shop. Fully fenced garden, new well, pond, water storage. Permit app on file for 43,560 sq ft of outdoor.



NEW LISTING!

JUNCTION CITY-HOME ON ACREAGE-\$625,000

±7 acre turn-key farm with manufactured home. Greenhouse, well, orchard, garden sites, garage, shop, tractor & equipment, irrigated yard. Permit app on file for 10,000 sf mixed light.

PETROLIA LAND/PROPERTY - \$650,000

±80 Private acres featuring beautiful views of the Mattole River Valley, creek, terraced gardens, shed & outbuilding. Cultivation app. on file with the county for 20,198 sq. ft. of mixed light.



MAD RIVER LAND/PROPERTY - \$995,000

±40 Private acres featuring custom home with wrap around deck. Permit app on file for 4,050 sq. ft. of mixed light and 17,950 sq. ft. of outdoor. Old growth timber, creek, and spring fed ponds, outbuildings.



270 SKYLINE DRIVE, BENBOW - \$1,500,000

Beautiful homestead with PG&E, community water, epic views, private convenient location. Features custom home, detached garage & outbuilding, and flat usable land.



BERRY SUMMIT HOME ON ACREAGE - \$695,000

±130 Acres on two timbered parcels with spring, views, space for horses, creek access. Nice 3 bed/2 bath 2800 sq. ft. home w/ pool, deck, attached garage, and screened-in balcony.

SALMON CREEK-LAND PROPERTY-\$750,000

±40 Acre gated, south-facing parcel w/ year-round creek, pond, water storage, solar, backup generator, 2 shops, outbuildings, 2/1 cabin. Interim permit for 16,000 sf of outdoor and 2,000 sf of mixed light.



REDUCED PRICE!

BURNT RANCH- SKYCREST LAKE - \$2,950,000

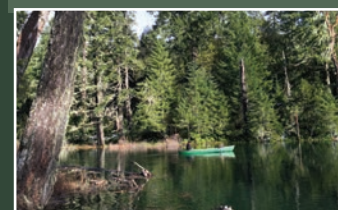
±50 acres featuring amazing ±7 acre lake, three homes, barn, RV pad, workshop and three vacation rental units. Boating, swimming, fishing; abundant nearby mountain and river recreation.



REDUCED PRICE!

WILLOW CREEK-LAND PROPERTY-\$950,000

±160 Acres with great sun exposure, multiple year-round water sources, well permit, several flats & bldg sites, roads, cabin, secure gates. Interim permit in hand from the county for 14, 283 sf of mixed light.



WEITCHPEC LAND/PROPERTY - \$2,900,000

±320 South facing acres featuring abundant water with 3 creeks, multiple springs and pond. Developments include cabin, shop, agricultural sites and well-maintained roads throughout. Completed app for 1 acre of outdoor and 22,000 sq ft of mixed light.

FIELDBROOK LAND/PROPERTY - \$279,000

±20 Private acres in Fieldbrook! Parcel features developed rocky roads, southern sloping topography, beautiful redwood trees, and several structures in disrepair.



WILLOW CREEK-LAND/PROPERTY - \$925,000

±160 Acres with permits on file for 1 acre of outdoor cultivation. Features creek access, permitted well, 12,500 gal of water storage, barn & permitted processing structure.



DOWS PRAIRIE LAND/PROPERTY - \$299,000

Great ±1 acre parcel in Dows Prairie featuring a rehabbed barn, city water, and new 200 amp power connected to a 12KW solar array. Many options with this versatile property!



WILLOW CREEK-LAND/PROPERTY - \$579,000

±160 private acres with developed water system, AG sites, timber, 2 cabins, developed roads. Permits on file with the county for 27,500 sq. ft. of Seasonal access.

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